

AUSTRALIAN **healthyfood** GUIDE

healthyfoodguide.com.au

OCTOBER 2015

PLUS

**Dairy-free,
diabetes-friendly
& vegetarian
recipes!**

LOWER YOUR **CHOLESTEROL**

the diet that *really* works!

EXPERT ADVICE

**FEEL FULL
& lose weight!**

Coconut oil
wonder food or fad?

dietitian's picks
**BEST BREKKIE
CEREALS**

SPECIAL REPORT

What to eat
after exercise

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LOW
kJ

HIGH
PROTEIN

HIGH
FIBRE

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MORE THAN JUST GLUTEN FREE BREAD



The Ancient Phoenicians in the Middle East were the first to make Tannour Bread. Traditionally, production of this bread was made using a barrel shaped oven built of clay placed vertically into the floor with a burner positioned at the base of the oven. The prepared dough was then stretched over a cushion and stuck to the inner wall of the oven.

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www.oldtimebakery.com.au

GLUTEN FREE WRAPS & PIZZA BASES



Here is a delicious **Fatoush Salad** recipe for **AHFG** readers - using **Old Time Bakery's Certified Organic Gluten Free Wraps**:

Fatoush Salad



Ingredients:

- 1/4 cup olive oil.
- 2 pieces of **Old Time Bakery's Certified Organic Gluten Free Wraps**
- 500g cherry tomatoes halved.
- 2 Lebanese cucumbers, halved lengthways, deseeded, chopped.
- 1 red capsicum, chopped.
- 3 small radish, trimmed, thinly sliced.
- 4 green onions, chopped.
- 1 cup flat-leaf parsley leaves, coarsely chopped.
- 1 tablespoon sumac.
- 1 lemon.

Dressing:

1/4 cup olive oil, Juice of 1 lemon. Combine all dressing ingredients well.

Method:

Toast wraps in sandwich press or in the oven until crispy. Transfer to a wire rack to cool. Place tomatoes, cucumbers, capsicum, radish, onions, parsley and mint in a large bowl. Sprinkle with sumac. Drizzle with dressing. Toss gently to combine. Break bread into pieces, add to salad and **Enjoy!**



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We'd love to hear your thoughts – email us at editor@healthyfoodguide.com.au



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What *Healthy Food Guide* can do for you

● **Healthy Food Guide (HFG) magazine is your complete guide to healthy eating.**

● **HFG recipes use easy-to-find, affordable ingredients, so you can enjoy healthy meals every day. Cook with HFG, and you'll always enjoy fresh food that excites your taste buds.**

● **HFG recipe writers develop all our meals in collaboration with qualified dietitians, so you'll see a nutrition analysis alongside every recipe. All our recipes are in line with Australian Dietary Guidelines.**

We also test each recipe twice to ensure it works and tastes great!

● **You can trust our advice.** All our health information is supported by solid scientific evidence – we don't look to media fanfare or celebrity endorsements.

● **Dietitians review all our stories, and we cite all our references in the magazine and online at healthyfoodguide.com.au**

● **Any branded food in HFG has our dietitians' independent stamp of approval. All advertising is clearly marked, and advertisers cannot influence editorial content.**

We give you facts, not fads

● **When a new diet or health insight hits the headlines, we'll give you the real story from health authorities. Some of these experts sit on our Editorial Advisory Board (below), ensuring that we give you the most accurate and up-to-date information, not hearsay.**

Look for the **badges** on our recipes, and see p99 for more information.



✓dairy free ✓diabetes friendly ✓gluten free ✓vegetarian

AUSTRALIAN
healthyfood
GUIDE

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welcome



high in kilojoules, fat and sugar as the regular brands. So beware!

Preparing your own meals remains the healthiest option, whether you're gluten-free or not. (In fact, it's proven that those of us who cook at home weigh less!) So, we hope that you enjoy this month's bonus booklet – it's packed with our best-ever gluten-free recipes!

Within these pages we also have a delicious assortment of spring-fresh meals. Which dish will you sample first? Why not share a snap of your creation with us on Instagram or Facebook – you could win a prize (see p10)!

Andrea

Andrea Duvall,
Editor



We hope you enjoy this month's bonus gluten-free recipe booklet!

*If your copy is missing, see your retailer.

Have you ever had that ravenous feeling, yet nothing you ate seemed to fill the gaping hole? Knowing how to satisfy hunger without gaining weight is important, so don't miss our story 'The Fullness Factor' on p36 (and our feel-full 7-day meal plan on p88).

In the meantime, if you've been diagnosed with coeliac disease and have been told to eliminate gluten from your diet, there's never been a wider range of gluten-free (GF) foods available.

Many new GF products are sent to our office on the assumption that, because they're gluten-free, we'll happily share them with you as better choices. Unfortunately, some of these foods are just as

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Share your views and *HFG* recipe creations with us!



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Little foodie loves to learn

This isn't the first time I've found Saskia, our 16-month-old, reading *HFG*! We also put the portion poster (Sept 2015) on the fridge, and she points out the foods she likes. Is this your youngest reader, I wonder? **J Taylor, NSW**

Perfect portions

Thank you for the portion size guide (Sept 2015). I have it hanging on the fridge for easy reference for me and the family! Thanks for the great magazine every month!

Lucy Robbins, VIC



via Instagram

Super proud of my vegie-packed Pad Thai made from scratch without a packet mix! Thanks to @hfgaustralia! **@missbreezie1108**



Pass the sweet treats

The carob, pistachio and date truffles (Aug 2015) are a real treat for me and my gym buddies. We are all addicted to them now! They are sooo amazing!!!

Stephanie Roberts, QLD



via Instagram

Cooked the cover of @hfgaustralia. It was delicious & packed with vegies. **@preserve_nutrition**



via Facebook

Spring is on the way. Bring on the salads. Warm salmon, egg and quinoa salad from the Sept 2015 issue. YUM!
Wendy Cox

PRIZE
WORTH
\$59.95



WIN a GEFU Spiralfix

Have your say or a share a snapshot of your *HFG* creations and you could win a **GEFU Spiralfix**! The Spiralfix has four different settings to spiralise in 3mm, 6mm or 12mm julienne spirals! It's perfect for vegie spaghetti and creative salads.

* Congratulations to this month's winner – J Taylor of NSW – who's won a Sunbeam GoLunch Food Warmer valued at \$49.50!

Have your say at healthyfoodguide.com.au, or send us a letter at Locked Bag 5555, St Leonards NSW 1590



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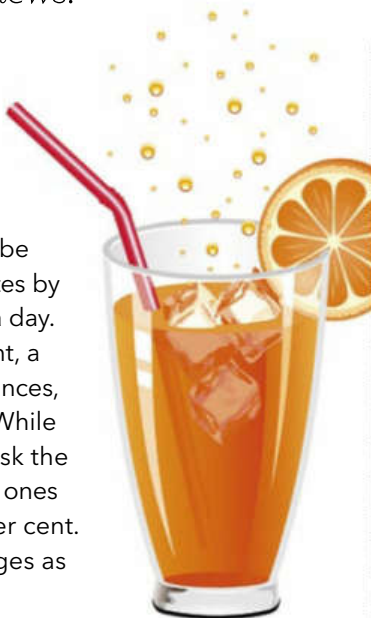
Grocery shopping with your own bags makes you more likely to purchase healthy and organic food, according to a new US study. But beware – researchers also found that shoppers tended to buy junk food as a reward for being environmentally-friendly. (All the more reason to take a grocery list and stick to it!)

Journal of Marketing, 2015

18%

That's how much you could be increasing your risk of diabetes by having just one sweet drink a day. Even if you're not overweight, a daily drink can raise your chances, according to new findings. While sugary drinks increase the risk the most, artificially-sweetened ones may worsen your risk by 8 per cent. So only enjoy sweet beverages as an occasional treat.

BMJ, 2015



DID YOU KNOW

Kids who grow veggies are four times more likely to put salad on their plates.

Cornell University Food and Brand Lab, 2015



Text: Andrea Duvall



STRESS

stops self-control

We all know stressful situations can make us reach for comfort foods like chocolate or chips. But apparently it's not just bad habits or learned behaviour leading us to overeat. Swiss scientists discovered that stress alters the human brain, lowering our self-control. This explains why after a difficult experience we're more likely to pick up a doughnut than an apple.

Neuron, 2015



15 min

Fifteen minutes of vigorous activity per day, such as washing your car, reduces your chances of early death from heart disease and stroke for people over 60. Make 15 minutes your target today!

British Journal of Sports Medicine, 2015



HOLD THE PHONE

Do you text and walk? It could be spoiling the benefits of exercise. Researchers from both the US and UK found people who text while walking were slower. Their gait was also more cautious and awkward. So if you're hoping to walk for health, stop multi-tasking and leave your phone at home! *PLOS ONE, 2015*

COME AND SEE US!

Take home a stash of gluten-free goodies worth more than \$50 by subscribing to *HFG* at this year's Gluten Free Expo in Melbourne. You'll also see chefs at work and hear nutrition experts speak. So stop by our stand, say hi, and walk away with our fantastic offer!

**Oct 10-11, Melbourne
Exhibition Centre, South Wharf,
visit www.gfexpo.com.au**

news**bites**

5 foods to avoid during menopause

Hot flushes, mood swings, fatigue and weight gain can all add up to a change of life. But keep your cool, managing diet and limiting certain foods can help.



Spicy food Hot flushes can be triggered by the heat in chilli. Instead, try using lemon, herbs and mild spices to add loads of flavour to meals.



Alcohol Having more than the recommended one drink per day can also increase hot flushes.



Fast food Minimise menopausal weight gain by avoiding high-kilojoule takeaway foods such as burgers, pies, hot chips and pizza – their sodium levels can also cause fluid retention and bloating.



Caffeine Using coffee as a pick-me-up can worsen hot flushes and disrupt sleep, causing fatigue and irritability.



Non-fortified milk alternatives

Menopause raises the risk of osteoporosis so you'll need to increase your calcium intake. If you prefer soy, almond or rice milk, go for one that's calcium-fortified.



The unhappy truth ...

Eating too many high-carb foods can raise our risk of depression. A major study of over 70,000 post-menopausal women showed the more highly-processed, high-GI foods people ate, the greater their chances of depression. By contrast, women who ate more fibre, whole grains, fruit and vegies had a decreased risk. Food for thought!

American Journal of Clinical Nutrition, 2015



POP A PILL AND EAT MORE GLUTEN

Coeliacs are used to saying no to after-work beers or birthday cake, but all that may be about to change! A pill that allows coeliacs to eat gluten, without the nasty side effects, is in final stages of clinical trials. It works by sticking to gluten, neutralising the parts that usually cause gut damage. Developers think the pill could be on shelves in the next couple of years. Stay tuned!

University of Alberta, 2015



That's how much food we throw away each year. Scarily, it works out to be more than \$1000 in every household. The three main reasons food is wasted:

- 1** You don't know what's in the fridge because two people are doing the grocery shopping
- 2** You can't see what foods are hiding amid the clutter
- 3** You don't know what to do with certain foods, such as leftovers

The good news is Brisbane researchers are developing innovative technologies to minimise our waste. One nifty device includes a fridge camera you access from your smartphone while shopping so you can see what foods you already have. Where and when can we sign up?

QUT/Foodwise, 2015



Tim Crowe

Lecturer in nutrition & disease prevention at Deakin University, Victoria

ASK THE EXPERT

Q Is coconut oil better for me than other oils?

—Hennie Lawrence, via email

Coconut oil attracts a lot of attention for its health-benefit claims. However, many of these claims represent marketing forging ahead of science.

Being an oil, coconut oil naturally contains no sugar. But keep in mind, the same can be said for all vegetable

oils than other types of saturated fat, and there is some merit to this. Coconut oil appears to have less of an adverse effect on blood cholesterol than other types of saturated fat, such as butter, but that doesn't mean it's healthier than other oils.

Instead, use a variety of

The difference in kilojoules between oils is insignificant

oils. You will only find sugar in oil when it's specifically added as part of a recipe.

Another popular myth is that coconut oil is lower in kilojoules than other cooking oils. In reality, the difference in kilojoules is insignificant. (For more facts on fat and sugar, see table below.)

Coconut oil is very high in saturated fat, at around 90 per cent. Advocates claim that the type of saturated fat in coconut oil is healthier for

oils, depending on the style and method of cooking.

Olive oil, for example, has many well-researched and proven health benefits such as lowering your chance of heart disease. So, there's no valid reason to *only* use coconut oil in your cooking.

Coconut oil may be a good choice for cooking at times, but olive oil shines for its use in dressings and marinades, and cooking in medium temperatures.

How other oils compare with coconut oil

OIL	kJ's per 100g	FAT per 100g	SAT FAT per 100g	SUGAR per 100g
Coconut oil	3700	100g	92g	0g
Olive oil	3700	100g	16g	0g
Canola oil	3700	100g	7g	0g
Peanut oil	3700	100g	18g	0g



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SHOPPING

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HOW TO USE ... LEMONGRASS

Where would our favourite Thai foods be without this zingy citrusy flavour?

In spring, fresh stalks of lemongrass shoot into life. Use this simple 3-step guide to prepare lemongrass for your next Thai dinner:

1 Cut off the lower bulb (about 5cm) and peel away the tough outer leaves. The best part is the tender mid-section.

2 Bruise the woody stalks by bending or bashing them with the back of a knife (this will release the aromatic flavour).

3 Finely slice it, grate it or pound to a pulp in a mortar and pestle. Wrap leftovers in cling film and store it in the fridge – trust us, you won't want to waste this fragrant stalk! [hfg](#)



SHOPPING NEWS

Our dietitian peruses the shops to find the tastiest healthy foods in-store now!

Shelf watch



Easy as Thai!

Enjoy authentic Asian flavours at home in four easy steps with **Marion's Kitchen Cooking Kits** (\$7.15 each). **Per serve** (Thai green curry): 640kJ (153cal), 0.6g sugar, 437mg sodium



Raise the bar

Food for Health Coconut Bars (\$6.99 per 6-pack) are a high-fibre gluten-free snack which scores a 4.5 Health Star Rating. **Per bar:** 517kJ (112cal), 3.5g sugar, 3.4g fibre



Snags of flavour

Low in salt, **Beak & Sons Gluten Free Gourmet Sausages** (\$5.99 per 6-pack) pass both the health and taste tests. **Per serve** (Tuscan pork): 736kJ (176cal), 6.5g sat fat, 333mg sodium



Combine the taste of summer with a healthy dose of fibre!

EAT FRESH NOW!

These fruit and veg are in season and deliver a tasty bang for your buck!

Blueberries

Cucumber

Passionfruit

Broad beans

Zucchini

Papaya

Gai lan

Blood orange

Mushrooms

Bananas

handy hint!



Want to ripen a rock-hard avocado quickly? Just put it in a paper bag with a ripe banana for 24 hours.

The banana peel will release ethylene, a gas that speeds up ripening and will soften the avocado!



Ready, set, MILO!

Nestlé MILO Ready to Drink (\$3.99 per 3-pack) is a handy snack for kids and teens that delivers lasting energy. Per 200ml carton: 600kJ (144cal), 8g protein, 400mg calcium



Twice as nice

Try the two new **Chobani Blended Flavours** (\$2.25 per 170g tub) including protein-rich strawberry and banana. Yum! Per 170g tub (watermelon & strawberry): 649kJ (155cal), 13.4g protein, 16.9g sugar

Salt shockers!

Trying to shake the salt from your diet? Look after your heart by leaving these extremely high-sodium products on the shelf!



Asian Home Gourmet Thai Tom Yum Instant Noodle Soup

145% of your daily limit
(3344mg sodium per bowl)



Dr. Oetker Ristorante Pizza (Prosciutto)

82% of your daily limit
(1890mg sodium per pizza)



Maggi Chicken Flavour Noodles

76% of your daily limit
(1740mg sodium per cup)



Masterfoods All Purpose Seasoning

61% of your daily limit
(1409mg sodium per teaspoon)



Heinz Soup of the Day Chicken and Corn Chowder

54% of your daily limit
(1250mg sodium per serve) **hfg**

PERFECT PICK:
Choose peas that
feel waxy and
look bright

NOW IN SEASON!

peas

This humble veg is at its seasonal best. Pick up some pods to boost your protein, fibre and vitamin C!

5 HEALTHY FACTS ABOUT PEAS

1 The shells of regular peas are inedible, but you can eat the pods of juicy sugar snaps and crisp snow peas.

2 One cup arms you with a quarter of your daily fibre needs and a days' worth of flu-fighting vitamin C!

3 Thanks to snap freezing, frozen peas have the same nutrients as fresh. But for a

new taste, treat yourself to fresh if you have the time. Smaller peas are sweeter and more tender.

4 Peas have around 8g of protein in just one cup; That's enough to turn other vegies green with envy!

5 Shelling fresh peas is easier than you think — run your thumbnail along the seam of the pod and pop out the peas. It's best to do this just before eating.[hfg](#)

COOK'S TIP 350g of fresh, podded peas gives you 1 cup of shelled peas

PEAS TASTE FANTASTIC WITH ...
mint **lemon** feta **soy** ginger **parmesan**
basil **apple** **cider vinegar** cherry tomatoes

TRY THESE TASTY PEA RECIPES!



p55

Grilled lamb with mint-pea salad



p83

Thai meatballs with sesame noodle salad

Tired of being tired?

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Iron is difficult for the body to absorb – that's where **Floradix Herbal Iron Extract** can be of assistance. Floradix contains a source of iron balanced with a range of B Vitamins and Vitamin C as well as other nutri-rich herbs. Taken twice daily, Floradix can assist in the maintenance of general health for the whole family, from young children to expectant mothers and elderly people.

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THIS *vs* THAT



Many of us grew up on
tinned beans and spaghetti,
but which is
healthier?



Baked beans
(Half a 420g can)

Spaghetti
(Half a 420g can)

10.3g

PROTEIN

3.8g

Baked beans deliver a boost of hunger-busting protein – nearly three times that of spaghetti, making it a satisfying snack or meal in its own right.

11.1g

FIBRE

1.7g

Offering a third of your daily fibre needs, beans are important for a healthy gut and to keep you feeling full. But be aware, too much can make you toot!

798kJ (191cal)

ENERGY

515kJ (123cal)

Thanks to all that fibre and protein, baked beans have more kilojoules – this isn't a bad thing! They also have more nutrients, such as potassium and energising iron, than canned spaghetti. hfg

BETTER CHOICE = BAKED BEANS



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LABEL DETECTIVE

By nutritionist
Catherine
Saxelby

the truth about FOOD LABELS

Many of us base our diets around nutrition labels, but it turns out we shouldn't always be guided by the numbers.



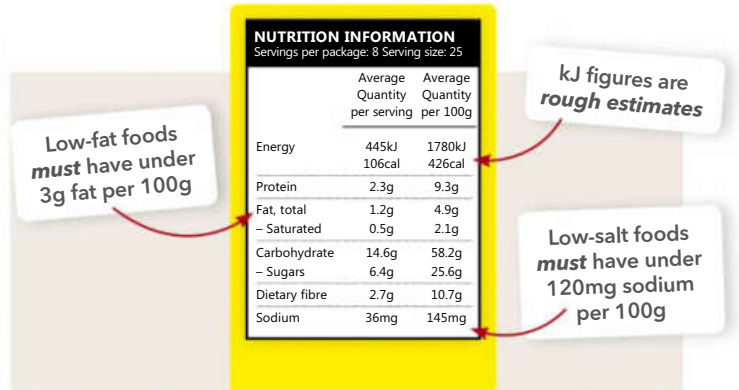
When you read 820kJ on a muesli bar wrapper, that's what you expect to get. But that bar could actually provide anything from 780 to 880kJ (about 180 to 210cal). Most of us trust the nutrition information on food labels, but these precise-looking figures are actually only rough estimates – and therefore somewhat unreliable.

In 2006, Australian researchers tested 70 different foods, from cereals to soups, to determine the accuracy of our nutrition panels. Amazingly, only 7 per cent of their analyses were exact matches for the numbers on product labels.

Low-down on labels

How is this legal? Well, guidelines published by Food Standards Australia New Zealand (FSANZ), the agency that oversees the actions of our food manufacturers, acknowledge that back-of-pack nutrition-information figures are “mostly estimates”. Why? Because they're inaccurate by nature.

As the FSANZ website states: “Foods, being biological materials, vary greatly in their natural nutrient composition ... [this] may be due to different methods of plant and animal husbandry, storage, transport and marketing.”



In other words, the raw products differ, as do the formulations and quantities of the final products.

In the States, manufacturers are allowed to use a 20 per cent margin of error when they calculate their products' specific nutrient values. Thus, amounts range from 80 to 120 per cent of the label number. In Australia, no such rule applies.

Crack the claims

Companies have to be careful when making claims such as 'low fat' or 'high fibre' on packaging. A low-fat food must be no more than 3 per cent fat, so companies tend to play it safe and err on the low side in case their ingredients' compositions vary. That's why the fat figure on food labels is usually less than half the limit, at around

1 to 1.5 per cent. This same conservative approach also applies to sodium claims.

**Just 7 per cent
of food labels
were accurate**

Of course, some people only worry about the kilojoule count. Although a little inaccuracy seems

insignificant, if you are eating a particular food in large quantities (whether it's hot chips or canned fruit), that small variation could quickly make a major difference to your kilojoule intake.

The bottom line

Your best strategy is to round off the figures to the closest whole number, but try not to let your diet be dictated solely by these back-of-pack numbers. If you enjoy a wide range of foods, these tiny nutritional inaccuracies will balance each other out. **hfg**



Find your best BREAKFAST CEREAL

Confused by the bulging shelves of flakes, oats and clusters? We've found the healthiest ways to start the day, whatever your preference.

Kellogg's Special K Whole Grain Clusters (Flame Raisin & Red Apple)

Boasts 35 per cent less fat than other granolas.

Per 45g serve: 710kJ (170cal), 8.4g sugar, 4.9g fibre



1



2



Sanitarium Gluten Free Weet-Bix

At last! Everyone can enjoy this allergy-friendly variety of a brekkie favourite.

Per 30g serve: 474kJ (113cal), 0.7g sugar, 2g fibre

Goodness Superfoods Digestive 1st

Get half your daily fibre needs in one serve.

Per 50g serve: 690kJ (165cal), 12g sugar, 15.9g fibre



3



4

Be Natural Cashew, Almond, Hazelnut & Coconut

A delicious fruit-free cereal that's low in added sugars.

Per 35g serve: 610kJ (146cal), 4.2g sugar, 6g fibre



5

Carman's Gourmet Porridge Sachets (Fruit & Seed)

Perfectly portioned for a satisfying start to the day.

Per 40g serve: 636kJ (152cal), 5.7g sugar, 3.4g fibre



6

Sanitarium Weet-Bix for Kids

Low in sugar with no added salt.

Per 30g serve: 444kJ (106cal),

0.9g sugar, 3.3g fibre



7

Kellogg's All-Bran High Fibre Muesli (Apricot & Almond)

Rich in filling hunger-busting fibre.

Per 45g serve: 720kJ (172cal), 7.2g sugar, 6.1g fibre



8

Freedom Foods Active Balance (Multigrain & Cranberry)

Gluten-free flakes that are high in gut-friendly fibre and prebiotics.

Per 50g serve: 769kJ (184cal), 5.1g sugar, 7.5g fibre



How much SUGAR is in that nut spread?

Is your favourite nutty spread as healthy as you think? Dietitian Brooke Longfield spreads the word about sweet imposters.

If you're an avid peanut butter lover you probably will have noticed the growing range of alternative nut spreads turning up on supermarket shelves. From almond or cashew varieties to cinnamon-spiced spreads, you certainly won't be stuck for choice! But, are all these tempting toast toppers as healthy as they seem?

Unfortunately, many spreads are loaded with sugar, yet hide behind a 'healthy' label. One glance at the ingredients list will tell you whether you have the real deal or a sweet imposter. A nut butter should have very few ingredients – nuts, and maybe a tiny bit of salt for taste. The first ingredient should be the nuts themselves, as ingredients are listed in descending order based on weight. Many sweet nut spreads, especially the popular hazelnut

(ahem, chocolate) ones are more than 50 per cent sugar and only about 13 per cent nuts!

Manufacturers are good at using clever claims to make a product appear healthier than it is, for example 'gluten free', 'cane sugar free' or 'superfood'.

Some of these use alternative forms of sugar, such as rice malt syrup or honey to add sweetness.

At the end of the day, it's still sugar and unwanted kilojoules that keep our tastebuds craving more sweet flavours.

Instead, choose no-added-sugar varieties and check the ingredients list to make sure you're getting what you pay for – 100 per cent nuts! We compare the amount of sugar in a tablespoon of some popular nut spreads to sugary lollies. See whether your 'healthy' toast topping isn't so sweet after all? **hfg**

**Don't be fooled:
many sugar-laden nut
spreads hide behind a
'healthy' label**

**Sanitarium Crunchy
Peanut Butter**
(1.1g sugar per tbs)

**2
M&M's**



Nutino Hazelnut Spread
(12g sugar per tbs)

**25
M&M's**



**Kraft Light 25% Less Fat
Crunchy Peanut Spread**
(3.4g sugar per tbs)

**7
M&M's**



Here's how many
M&M's you can eat
for the same sugar
as 1 tablespoon
of nut spread!



Ferrero Nutella
(8.6g sugar per tbs)

**17
M&M's**



**Sanitarium No Added Sugar
or Salt Smooth Peanut Butter**
(1g sugar per tbs)

**2
M&M's**



**Pure Harvest Coco² Almond
Spread** (7.8g sugar per tbs)

**15½
M&M's**



**Pic's Really Good
Crunchy Peanut Butter**
(0.8g sugar per tbs)

**1½
M&M's**



**Kraft Hazelnut Spread
Smooth** (11.4g sugar per tbs)

**23
M&M's**



**Mayver's Dark Chocolate
Super Spread**
(2.2g sugar per tbs)

**4½
M&M's**





1 hour to a HEALTHY WEEK!

A few easy Sunday moves can help you make quick and healthy weekday meals. Dietitian Brooke Longfield helps you prep for success!

At the end of a hectic day, most of us want dinner as soon as we get home – we just feel like sitting down, relaxing!

As a result, we often let our good intentions slide in favour of whatever's fast and easy. Of course, creating nourishing, well-balanced meals night after night is no mean feat – but a little forward planning can help. Spend just an hour in the kitchen on the weekend and you'll find it easy to eat well all week.

In a 2014 study, people who spent more time preparing food at home ate more fruit and vegetables than people who relied largely on convenience food. Cooking at home also means consuming fewer kilojoules.

So get the jump on your weeknight cooking with these five simple tips – they'll save you both time *and* money.



STEP 1 10 MINS

Plan to eat well

Sunday afternoon is the perfect time to plan the coming week's meals. Work out which nights require speedy, hassle-free meals and which nights give you a bit more time in the kitchen. (Work around your family members' extracurricular activities, such as sports and meetings, too.)

Check what you already have in the fridge, freezer and pantry, and plan these vegies into your meal plan. One you've worked out your meals for the week, write a matching shopping list. Then you can hit the shops with purpose, and avoid buying any unwanted, unnecessary extras.

**An hour on
Sunday is
all it takes
to plan out
a healthy
week!**

**STEP 2 15 MINS****Pre-cook your grains**

The healthiest grains, such as high-fibre brown rice, barley and quinoa, take a little longer to cook than white rice and other refined grains. (Noodles and instant couscous are speedy but they lack the fibre and nutrients of whole grains.)

Cook a couple of batches of brown rice, barley or quinoa. Seal cooled grains into freezer bags labelled with the date and number of portions, then freeze or refrigerate. Before you reheat the grains, stir in a little water to restore their fluffy texture, then toss them into warm salads, stir-fries and curries.

**STEP 3 15 MINS****Prep veg & salad**

The last thing most of us want to do after a long day at work is to peel and chop vegies. It also eats a lot into your food prep time.

Use Sunday to peel and chop your onion, garlic, capsicum, carrot and other vegies. They will all keep in the fridge for a few days, as will washed salad leaves and rinsed beans.

Roast a big batch of pumpkin, sweet potato and beetroot to toss through lunchtime salads or serve them with dinners. You're over halfway to having a tasty salad, so why not make your own dressing too? It's healthier (and cheaper) than storebought varieties. Mix one part balsamic vinegar with three parts olive oil, shake and drizzle for a healthy dressing!

People who spend time preparing food at home have better diets than those who don't, according to studies

**STEP 4 15 MINS****Get a head start on breakfast**

A smoothie is the definition of a fast breakfast. Pop a handful of berries, half a banana and a cup of baby spinach into a zip-lock bag, and freeze overnight. Simply whiz them into milk and yoghurt for an instant brekkie.

Overnight oats are another tasty grab-and-go option. Seal equal measures of rolled oats, yoghurt and milk into an airtight container and refrigerate to soak overnight. In the morning, just top your oats with fruit, nuts or seeds. You can also portion your muesli or cereal into zip-lock bags or containers and splash on some milk when you get to work.

**STEP 5 15 MINS****Portion out snacks**

Supermarkets now stock plenty of individually wrapped snacks, but convenience often sells at a premium. The low-cost solution is to make your own. Measure out large bags of nuts and dried fruit into 30g portions for your own trail mix. Buy 1kg yoghurt tubs and spoon into single serves, portion out air-popped popcorn, and slice a block of cheese into thin slices, ready for snacks and sandwiches.

If you have some extra time whip up healthy muffins or fruit and nut bars. For a slice of baking inspiration, check out 'Light delights', our recipes for naturally sweet treats on p72. [hfg](#)

Free up even more time!

- **Boil half a dozen eggs** and keep them in the fridge for fast and filling high-protein snacks. (Write 'cooked' on their shells so that family members can spot the difference!)
- **Cook your favourite meals in double or triple batches** and freeze portions for a dinner you can microwave in a hurry.
- **Cut carrot, cucumber and celery into sticks** and keep them in the fridge alongside healthy dips like hummus for pre-dinner bites with crunch!
- **Chop, skewer and marinate beef, lamb or chicken** so that it's pre-portioned for cooking.
- **Freeze stock and tomato paste** into ice-cube trays to stir into soups and pastas.

Sneak peek at some of our FINALISTS!

Best **sweet snack** finalists



TIP

Choose snacks
with more than
3g of fibre
per serve



Goodness Superfoods Better for U! Cereal Bars Wild Berries & Yoghurt

One wholegrain bar provides a quarter of your daily fibre needs to help you feel full for longer.

Be Natural Dark Chocolate Mini Bites Berry Blend

These individually wrapped, bite-sized chocolate treats will satisfy your sweet tooth for only 240kJ (58cal). Yum!

**600kJ
(144cal) is
ideal for
a snack!**



The Chia Co. Chia Pod Dark Cacao

Dip into this rich snack that's bursting with hunger-busting protein and fibre, thanks to nutrient-rich chia seeds.



Macro Snack Bite Apricots, Almonds & Quinoa

With under 400kJ (96cal) and over 3g of fibre, these fruity balls are a handy snack when you're on the run.

Here's a preview of the foods our dietitians hand-picked as the cream of the healthy crop. Next month we reveal the winners in all 12 categories of this year's Healthy Food Awards. They're a must for your trolley!

Look for
yoghurt with
less than
10g sugar per
100g

Best **flavoured yoghurt** finalists



Yoplait Formé No Fat and No Added Sugar Peach Mango

This yoghurt has just 324kJ (78cal) per tub, making it a perfect low-kilojoule snack you can enjoy any time of day.



Chobani 2% Greek Yogurt Passionfruit

High in satisfying protein, this creamy yoghurt also has the added benefits of tummy-friendly probiotics.

FACT

**Probiotics in
yoghurt are good
for a healthy gut,
and boosts
immunity!**



Yoplait Bon Appetit Greek Yoghurt Raspberry

Low in fat, yet high in protein, this thick and fruity Greek-style yoghurt is super satisfying, and not too sweet!



Tamar Valley No Added Sugar Greek Style Yoghurt Mixed Berry

Each tub provides you with 30 per cent of your daily calcium needs for strong bones and healthy teeth.

The taste of **Popcorn** in a Healthy Crispbread

breakfast



morning tea



afternoon snack



lunch



Only 23
Calories
per slice

Being made primarily of corn, not rice, Corn Thins® taste delicious, like POPCORN, so are the ideal healthy snack to be eaten on their own, or with your favourite toppings...anytime of the day.

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FEATURES

foods that help us feel full • snacks for exercise • lower cholesterol

A close-up photograph of a hand holding a round, golden-brown fried snack, possibly a donut or a cookie, over a white plate filled with several other similar snacks. The background is softly blurred, showing more of the same snacks and a hint of a green surface below the plate.

When is enough?

Have you ever felt totally stuffed after a meal, but somehow made room for dessert? It's easy to use the excuse of having a 'second stomach' for sweets, but of course this isn't biologically true. It's a good example of the difference between the feeling of fullness and satiety.

Fullness describes the physical sensation of your stomach being full, whereas satiety involves the mind and the pleasant mental feeling of having had enough.

It's possible to feel full but not satisfied. A good example is a plate of steamed vegies – they're filling, but not always satisfying, failing to trigger that mental 'off' switch. So what is the secret to feeling full *and* satisfied? You may be surprised when you see the answers over the page!



THE **FULLNESS** FACTOR

Why do we fill up on a small bowl of porridge, yet happily chomp through an entire packet of Tim Tams and still have room for more? Dietitian Brooke Longfield shares the key to lasting satiety.



Feeling full is an important part of being satisfied with what we eat. As anyone who's been on a diet knows, when we miss out on that feeling of fullness at the end of a meal, it can trigger cravings. Unfortunately, cravings can lead to unhealthy snacking as we search for that satisfying sensation of fullness in our tummies.

Can this feeling be triggered without overeating? The good news is, yes! Researchers have learned that key elements within foods encourage fullness. And, a satiating diet is a strategy many nutrition experts use to combat the obesity crisis. As Professor Jennie Brand-Miller, PhD, explains, "There appears to be a hierarchy of nutrients, and some satisfy more than others. Protein is the most satiating, followed by carbs, then by fat. Increasing evidence shows that high-fibre foods and low glycaemic-index foods also fill you up." So believe it or not, we want you to eat more – just of the right foods. Let's look at how to add these nutrients into our meals and make them work for you!

We feel hungry until our body reaches its individual protein target. So dig in!

The power of protein

Protein has incredible power over our appetites. Studies show the most effective way to stimulate the release of the satiety hormones which tell the brain that you're full, is to eat protein-rich foods such as meat, fish, eggs and legumes (such as beans, chickpeas and lentils).

The emerging scientific view is a theory of 'protein leverage', meaning the body needs to reach a fixed protein target for optimal function. In other words, we are programmed to keep eating until we get enough of this nutrient. According to this theory, hunger only goes once we've hit our individual protein targets, and those who follow low-protein diets risk overeating.

High-protein, low-GI foods keep you full without counting kJs

In 2011, Aussie researchers had an interesting finding when they put one group of people on a diet of 10 per cent protein, and the other group on a diet with 15 per cent protein. People on a low-protein diet consumed 12 per cent more kilojoules than those on the high-protein diet. Those who also ate more protein were less hungry and less likely to snack.

One of the most important and renowned dietary studies of the past decade is the DiOGenes (Diet, Obesity and Genes) project. It aims to pinpoint the best diet for the prevention of obesity.

In 2010, the DiOGenes project focused on people who had lost weight to learn what diet would help them maintain their weight loss. Interestingly, people who ate a low glycaemic-index (low-GI) diet that was high in protein were more likely to maintain their new weight compared with those on a low-protein, high-GI diet.

Better still, the group who ate a diet high in protein went on to lose more weight without really trying, and 12 months later, had managed to keep it off.

Researchers credit the success of the diet to feeling full without counting kilojoules.

The group who followed a high-protein, low-GI diet also

WHAT REALLY SATISFIES?

If you're wondering which foods are the most filling, we've found the answers. Scientists at The University of Sydney, developed a handy 'satiety index' of 38 common foods.

Using white bread as a baseline (at 100), this scale ranks foods in order of their ability to satisfy hunger, and the results will surprise you. Some foods, such as croissants and cakes, are half as satisfying as white bread, whereas boiled potatoes are three times more satisfying.

THE SATIETY INDEX

See how everyday foods stack up, from the most satisfying to the least.

MOST SATISFYING

Boiled potatoes

Fish

Porridge

Oranges

Apples

Wholemeal pasta

Beef

Baked beans

Wholegrain bread

Popcorn

Eggs

Cheese

Lentils

Brown rice

Breakfast bran twigs

Bananas

Cornflakes

French Fries

White bread

Ice cream

Chips

Flavoured yoghurt

Peanuts

Chocolate bar

Doughnut

Croissant

Three times more satisfying than white bread

Satisfies for just a few kJs!

Often overlooked, they add satisfaction!

Half as satisfying as white bread

LEAST SATISFYING

had the lowest drop-out rate, indicating that people found the diet sustainable.

Filling fibre


You only have to compare bran twigs with rice bubbles to see that high-fibre foods are great for scrapping hunger. The airy bubbles will send you searching for a second brekkie within the hour, whereas the fibrous twigs should see you through to lunch. The rough stuff satisfies with its texture, its structure and its action in the body.

High-fibre foods such as fruit, vegies, nuts and whole grains, need plenty of chewing. All this activity gets our saliva and gastric juices going, causing the stomach to expand and promoting satiety. This explains why a whole apple is more filling than apple juice, even though you're drinking the juice of four to five apples.

Leafy and fibrous foods such as spinach, celery and corn, are full of insoluble fibre, providing satisfying bulk for few kilojoules.

So it was no real surprise that a 2001 US study found people who increased their daily fibre by 14g ended up eating less food and 10 per cent fewer kilojoules. It's yet another good reason to pile our plates with fresh vegies that are stacked with fibre.

Soluble fibre and protein create the feeling of fullness in different ways. Fibre slows digestion, and helps to stabilise blood-sugar levels between meals, staving off that hangry (hungry and angry) feeling! Good sources of soluble fibre include rolled oats, legumes, beans, psyllium husks, apples and blueberries. So tuck in!



Surprisingly, studies show that fat is actually *less satisfying* than either protein or carbohydrates

Soluble fibre creates that full feeling by slowing your digestion

Clever low-GI carbs

Carbohydrates have long been a subject of debate among people watching their weight. But it pays to remember not all carbohydrates are created equal. After all, lentils and lollipops are both

forms of carbohydrate, but sugary sweets are no match for healthy legumes! We need to consider the quality of the carbs and their effect on the body. This is where glycaemic index (GI) comes into play.

The body works hard to break down low-GI carbs such as wholegrain bread, baked beans and apples. As a result, blood-sugar levels rise steadily, providing sustained energy and keeping hunger at bay.

In contrast, high-GI carbohydrates such as white bread, biscuits and white rice are much easier to digest. Their rapid assimilation causes blood-sugar levels to spike and then quickly drop. (Think of the energy slump you often experience half an hour after having a sugary drink or chocolate bar.)

In a 2003 UK study of schoolchildren, the GI score of their breakfast had a knock-on effect. Students who had a low-GI breakfast ate less at lunch. They also

rated themselves as less hungry before lunch compared with those who ate a high-GI brekkie.

Other studies reveal people want more food after eating a high-GI meal than they do after eating low-GI foods.

This supports the current view that eating low-GI foods prolongs satiety and helps curb hunger.

Not-so-filling fat

There's no denying fat means flavour. In fact, our taste buds are designed to love the feel of high-fat foods such as choccies, ice cream and cheesecake. The urge to eat kilojoule-rich fat is what kept our primitive ancestors alive when food was scarce.

Despite this, studies show (somewhat counterintuitively!) that fat is less satisfying than protein and carbohydrates.

In a UK study, obese people who were given high-fat foods consumed twice the amount of kilojoules than when they ate high-carbohydrate varieties.

Also, women who snacked on high-protein yoghurt for a 2014 US study had stronger feelings of fullness than those who ate fatty crackers or chocolate.

So if fat isn't all that satisfying, why do we feel 'stuffed' after indulging in rich, high-fat food?

Take Christmas, for instance – we've had a huge meal and feel full, perhaps uncomfortably so, yet we still pick at rich pudding, shortbread and chocolate. Why? Because fat overrides our bodies' normal appetite signals.

In 2005, Swedish researchers found palatable fatty and sugary foods disrupt our natural appetite regulation. This ramps up our hunger signals and drives us to eat more to reward our brain's pleasure centres.

Gram for gram, fat has twice the kilojoules of protein and carbs. So if you rely on chips, biscuits or cheese to satisfy your hunger, you'll be taking in hundreds of extra kilojoules - far more than if you'd reached for foods high in protein or fibre.

Feel full on fewer kilojoules

Most of us eat the same volume of food every day. Choosing foods with a high volume for few kilojoules can help us to feel full without gaining weight.

Compare a cup of carrot sticks with a cup of potato chips, for example. The crudité's weigh more, yet only have a tenth of the kilojoules of the chips. This means the carrots have a low 'energy density'. Dietitians use this term to describe how much energy (kilojoules or calories) a food provides per gram.

Foods that contain plenty of water add bulk to meals with zero kilojoules. Fruit and vegies are prime examples, particularly watermelon, berries, zucchini, spinach and carrots. These low energy-dense foods tend to also be high in fibre and low in fat. Other examples are whole grains, pasta and rice, which you cook in water. This lowers their energy density even more. Low-energy

Eating fatty and sugary foods will disrupt our natural appetites



density foods provide fewer kilojoules per gram than high-energy density foods. So you can enjoy more food without overeating kilojoules.

At the other end of the spectrum, foods with a high-energy density, pack a big kilojoule punch in a small package. Usually high in fat and low in water, they include biscuits, chocolate, cheese and fried foods. Overeating high energy-dense foods easily leads to weight gain.

If you're trying to lose weight and don't want to feel deprived, choose high-fibre foods with a high water content. You'll literally fill your stomach with food without eating a truckload of extra kilojoules.

5 FEEL-FULL TIPS

- 1 Replace low-fibre Turkish bread, white crumpets and white toast** with authentic low-GI sourdough or high-fibre dense, grainy breads such as soy-linseed.
- 2 Make your usual bolognese or chilli con carne even more satisfying** by adding protein-rich lentils or red kidney beans to the lean-mince mix.
- 3 Sip a milk-based fruit smoothie** as a satisfying grab-and-go breakfast.
- 4 Give home-made cakes, muffins and biscuits a low-GI makeover** by swapping white flour for unprocessed oat bran or chickpea flour.
- 5 Store crunchy low-kilojoule carrot and celery sticks** in clear containers at the front of the fridge. Snack on these crudité's (rather than chocolate and biscuits) when hunger or boredom strikes.

The anatomy of appetite

Our appetites keep us alive. Food is fuel, and our body's innate sense of hunger drives us to eat so we both survive and thrive. But what drives hunger?

The mechanism is complex, but hormones are a key piece of the puzzle.

The brain and gut work together to regulate appetite. From the moment we start eating, the gut sends hunger and satiety hormones to the brain, the control centre that interprets these messages and determines whether or not we need to eat.

Keep in mind, the brain can take 15 to 20 minutes to fully register these signals. So if you eat too quickly you can override these signals and overeat.

The two main hormones at work here are hunger-stimulating ghrelin and appetite-suppressing leptin. An empty stomach releases ghrelin, which sends the message 'feed me' to the brain, stimulating appetite.

Leptin has the opposite role. When we're full, our fat cells will trigger leptin which reduces appetite. It tells the brain we've had enough and it's time to burn kilojoules. Essentially, the more body fat you have, the more leptin you produce. This means you should quickly realise you've had enough to eat, but overweight people's chronically high leptin levels desensitise their brains to this hormone, making them more likely to overeat.

Factor fullness into your day

A successful eating plan will provide food that leaves you feeling full, slaying the temptation to snack on anything (and everything) between meals. Surprisingly, some of the most palate-pleasing foods such as fat-rich chocolate and greasy chips, fail to deliver such satisfaction. To improve your satiety, increase your intake of protein, fibre and low-GI carbs. These appear to work best in combination.

Of course, when we shop and cook, we focus on real ingredients and food, not individual nutrients. So on p88, you will find our super-satisfying seven-day meal plan that includes nutritionally balanced meals and snacks to keep you feeling full and satisfied on fewer kilojoules, but not necessarily less food! [hfg](#)

Foods high in water, such as vegetables, fill your stomach without excess kilojoules

ARE YOU REALLY HUNGRY?

Most of us know all too well that there's more to hunger than a growling stomach.

Our emotions can have an enormous impact on our appetite – sadness, anger or simple boredom can drive us to eat ... and eat ... and eat. Before you take a bite, think about the type of hunger you're feeling.

• **TRUE HUNGER** – The word hunger is defined as "a feeling of discomfort or weakness caused by lack of food". Sadly, thanks to the constant presence of food and drink, few of us experience true hunger.

• **MOUTH HUNGER** – You've just eaten, but the sight and smell of a freshly-baked batch of brownies is enough to make your mouth water, even though you're full.

• **MIND HUNGER** – Has it hit midday and your first thought is 'lunchtime'? Eat in response to your body's natural hunger cues, not the clock.

• **EMOTIONAL HUNGER** – Many of us will eat to fill an emotional void when we feel like we're missing something. Be mindful of using food as a crutch for your feelings. Try to distinguish this behaviour from true hunger.

• **THIRST** – Dehydration can leave you feeling fatigued, which you can easily mistake for hunger. If you're peckish, see if a glass of water satisfies.

Fuel your workout: THE RIGHT FOOD FOR EXERCISE

Want your workout to work harder? Dietitian Brooke Longfield gives you the best foods to refuel, whatever your fitness goals.

Whether you hit the gym every day, stretch into Pilates occasionally, or walk your way to vitality, what you eat before and after exercise can make a huge difference to your performance and recovery. Make sure to give yourself the right nourishment at the right time and your body will work at its best.

To eat or not to eat?

When preparing your body for exercise, the amount of energising food you need depends on how active you intend to be.

If you're working out for less than an hour, you don't necessarily have to eat beforehand. Going for a walk before brekkie, for instance, can help the body burn fat simply because it can't use food as fuel. In fact, our muscles store enough energy for about 90 minutes of vigorous exercise, so feel free to enjoy long early-morning walks on an empty stomach.

If you plan to be active for more than an hour, or if you want to

step up the intensity, you can prime your body for success by eating a small snack an hour or two in advance.

The best foods for exercise should include carbs and be easy to digest. You don't want to upset your tummy by experimenting with new foods, so stick to simple foods such as a small bowl of porridge, a slice of toast or a banana. You will also want to steer clear of fatty foods, which the body is slow to digest and can leave you feeling uncomfortable.

Refuel and repair

You need to replenish your body's energy stores after lengthy or strenuous physical activity, whether it's a punishing gym class, a taxing bushwalk or a stint of energetic housework.

Your best strategy to properly refuel is to eat a snack or a meal about 30 minutes to two hours

after exercising. Within that timeframe, your body will direct the food straight towards muscle repair. So if you're working out in between meal times, stash some portable snacks in your car, gym bag or handbag.

Wondering about those 'body-friendly' protein shakes, bars, balls and supplements? Leave them on the shelf.

Our bodies store enough energy for 90 mins of vigorous exercise

Yes, protein helps repair muscles, but real foods such as eggs, milk and nuts, give you the same health benefits without the hefty

price tag and extra kilojoules.

A common mistake is treating post-workout meals as a licence to overeat. We're not saying you can't indulge in the occasional post-gym café breakfast with friends, but using exercise as an excuse to gorge on cake and biscuits will very quickly undo all of your hard work! Also, it won't equip you with the nutrients needed to nail your next workout.

Rehydrate

Exercise can be very dehydrating, especially on hot days when you are more likely to sweat a lot.

On very hot days when you're going to be out exposed to full sun, keep a water bottle on hand so you can take sips while you're on the move. Also, make an effort to keep drinking more than usual throughout the rest of the day.

As a general rule, you should aim to drink half to one cup of water every 20 minutes while exercising. And leave the sports drinks to ultra-endurance athletes – water provides all the hydration you need, without the sugar!

Don't sweat it!

The snacks we choose before and after exercise are only part of the picture. In the long run, it's the good food choices we make over the entire day that lead to a healthy body. [hfg](#)

Leave sports drinks for endurance athletes — water is all your body needs to rehydrate!

10 WORKOUT-FRIENDLY FOODS

Make the most of your workout with these high-protein and carb-loaded snacks.

BEFORE EXERCISE

Banana

Smoothie made with fruit and reduced-fat milk

Wholemeal crumpet or English muffin with honey

High-fibre muesli bar

Toasted cheese and tomato sandwich



AFTER EXERCISE

Poached eggs on wholegrain toast

Glass of Milo made with reduced-fat milk

Small bowl of natural yoghurt, fruit and untoasted muesli

Wholegrain toast topped with mashed banana or avocado

Tuna & salad sandwich





THE DIET that **lowers** **CHOLESTEROL**

If you have high cholesterol, take heart. This eating plan can keep your health in check, and its results rival those of medication. Here's the blueprint for the Portfolio Diet.

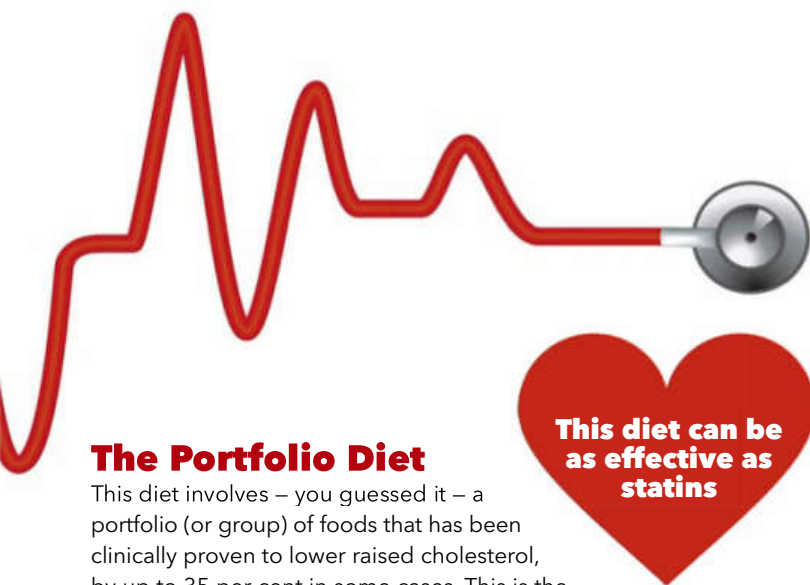
Concerned about your cholesterol levels, you cut butter, creamy foods and full-fat milk from your diet. But have you done everything you can? Not quite. We know some foods are bad news for our heart (and our waistlines), but the good news is certain foods can actively lower high cholesterol. And studies show when eaten in combination, they can have an even more positive effect.

One in three Australians has high cholesterol, putting many of us at risk of coronary heart disease which can cause heart attack or stroke. If your GP says your cholesterol levels are high, try not to be alarmed. Far from a death sentence, the diagnosis is simply a wake-up call, and a very helpful indicator of your future risk of heart-disease.

Fortunately, and importantly, you can take prompt action to remedy a diagnosis, and diet plays a much bigger role than you might expect. The best place to start is to familiarise yourself with the foods that will fight for your heart health.



**One in three
Australians has
high cholesterol**



The Portfolio Diet

This diet involves – you guessed it – a portfolio (or group) of foods that has been clinically proven to lower raised cholesterol, by up to 35 per cent in some cases. This is the same degree of reduction that doctors can achieve with drugs. (Health professionals often prescribe statins, drugs that reduce blood-cholesterol levels, to people who have coronary heart disease or believed to be at high risk of developing the condition.)

Safety first

The Portfolio Diet is a very healthy way of eating, but it's not meant to replace medication. For people with high-cholesterol levels and no added complications, this eating plan can be a successful starting point for bringing down cholesterol. Keep in mind, if you're currently taking any prescribed cholesterol-lowering drugs, it's important you continue to do so.

The good news is this eating plan can work well alongside prescription drugs, so talk to your doctor about whether it's suitable for you. If so, he or she can then design a balanced treatment program to help you fight high cholesterol on all fronts.

So what can I eat?

The Portfolio Diet is based on the following foods and nutrients, all of which are readily available, and should feature on your day-to-day menu.

NUTS

In a nutshell, almonds are great for our health. High in heart-friendly fats and vitamin E, they appear to reduce some of the production of LDL cholesterol – the 'bad' type of cholesterol. According to studies, other types of nuts including peanuts, cashews,

DID YOU KNOW?

Nuts can help to reduce bad cholesterol and they also keep hunger at bay

pecans, pistachios, walnuts and Brazil nuts, are likely to have a similar effect. Nuts are also low in unhealthy saturated fat and are great sources of hunger-busting fibre and protein.

Still, portion control is key. Nuts are high in kilojoules, so you risk gaining weight if eaten in large amounts warns Milena Katz, the spokesperson for the Dietitians Association of Australia. "Nuts are energy dense, so you have to rid your diet of other energy-dense foods such as biscuits and cakes."

YOUR DAILY TARGET:

About 30g (a small handful)

- ♥ Make unsalted nuts your go-to morning or afternoon snack.
- ♥ Scatter chopped almonds or walnuts on top of cereal.
- ♥ Toss cashews into a salad for lunch or a stir-fry for dinner.
- ♥ Add whole or ground nuts to home-made loaves and muffins.

SOY

Soybeans are full of soluble fibre, the type that helps absorb excess cholesterol in the blood. These protein-rich beans are also rich in heart-friendly phytoestrogen, a plant hormone that mimics the effects of the body's hormone, oestrogen. While researchers are unsure of the exact mechanism behind soy's beneficial effects on blood cholesterol, studies show

populations that rely on soy as a staple, such as Japan, enjoy lower rates of heart disease than those who eat a typical meat-based Western diet.

YOUR DAILY TARGET:

50g of soy protein

- ♥ Add calcium-fortified soy milk or soy yoghurt to breakfast cereal or porridge.
- ♥ Order coffees with soy milk.
- ♥ Add firm tofu to stir-fries and curries.
- ♥ Switch to soy–linseed bread for toast and sandwiches.
- ♥ Use silken tofu to make salad dressings or egg-based dishes, such as quiche.
- ♥ Try soy-based products such as vegetarian soy burgers.

SOLUBLE FIBRE

Like soy, foods such as oats, barley, lentils, kidney beans, chickpeas and fruit (particularly pears, oranges and grapefruit) are high in soluble fibre.

Fibre works wonders for our bodies. This helpful substance combines with water in the stomach to form a gel, trapping some of the cholesterol in our digestive systems. The good news is, the body then excretes the gel, lowering the amount of cholesterol our body is able to absorb.

YOUR DAILY TARGET:

20g of soluble fibre

- ♥ Eat porridge or an oat-based cereal for brekkie.
- ♥ Fill up on baked beans at lunch.

DID YOU KNOW?

During digestion, soluble fibre forms a gel, trapping cholesterol so it can't be absorbed.

- ♥ Spread hoummos on wraps and sandwiches, or eat with crudités.
- ♥ Toss chickpeas, lentils or barley into salads, soups and casseroles. (You'll find plenty of inspiring recipes at healthyfoodguide.com.au.)
- ♥ Snack on fresh fruit such as berries, apples and pears.

PLANT STEROLS

Studies show if you eat these naturally occurring substances in the right amounts, they can lower cholesterol by as much as 10 to 15 per cent.

Research suggests phytosterols help to lower cholesterol much like soluble fibre does: They hold onto cholesterol in the digestive

system, preventing our bodies' from absorbing it properly into our bloodstream.

Small amounts of plant sterols can be found naturally in foods such as vegetables, fruit, olive oil, seeds, legumes (including beans, chickpeas and lentils) fruit, nuts and soy.

But to get the full benefits for your heart health, you will also need to eat foods that have been enriched with phytosterols.

YOUR DAILY TARGET:

2 to 3g of plant sterols.

- ♥ Enjoy two to three cups of Dairy Farmers HeartActive milk, on cereal or in fruit smoothies.
- ♥ Replace butter with two teaspoons of a plant sterol-enriched table spread such as Flora pro-active or Logicol.
- ♥ Meet your daily quota of five serves of veg by piling half your plate with colourful produce at lunch and dinner.

Can I eat anything else?

Of course! Just incorporate the essential Portfolio Diet foods in a healthy eating plan, along with plenty of high-fibre fruit and veg and minimal amounts of sat fat and salt. You'll also want to put salmon, tuna or sardines on the menu two to three times a week.

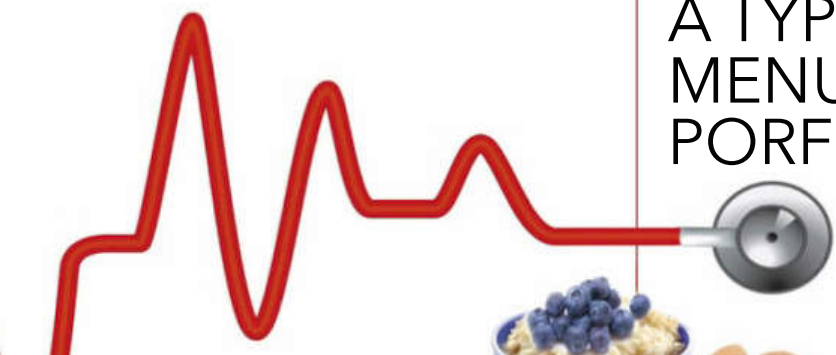
Oily fish has valuable omega-3 fats which promotes normal heart function, regulates blood pressure and helps to maintain healthy levels of triglycerides.

Your meals should also feature fibre-rich whole grains such as grainy bread, brown rice, quinoa and wholemeal pasta.

Katz says, "We know that if you eat these foods more frequently, your cholesterol is going to drop

Reduce red meat to 3 small portions a week

A TYPICAL DAY'S MENU ON THE PORTFOLIO DIET



– but it takes commitment.” As soon as you fall back into old, unhealthy habits, whether that means eating hearty serves of fatty meat or large portions of creamy desserts, your saturated fat will increase and cholesterol levels rise. “In practice, you need to be willing to make permanent changes to your diet.”

Are there any foods I should avoid?

Most of us know the real culprit in raised cholesterol is saturated fat. Why? Because it encourages the liver to produce extra ‘bad’ LDL cholesterol.

To give the Portfolio Diet a chance to work, you’ll need to limit foods with this unhealthy fat. That means saying no (mostly) to fatty cuts of meat, pies, pasties, sausage rolls, cakes, biscuits and pastries, and eating fewer full-fat dairy foods such as butter, cream, cheese and whole milk. (You can still eat reduced-fat dairy products in moderation.)

Can I eat lean red meat?

Avoiding red meat does seem to help people maintain healthy cholesterol levels. However, meat does provide some key nutrients



Breakfast

Porridge with calcium-fortified soy milk or plant-sterol enriched milk, topped with blueberries and almonds

OR

Untoasted muesli made of oats and calcium-fortified soy milk or plant-sterol enriched milk, topped with prunes

Snack

A small handful of unsalted, mixed nuts and a latte made from unsweetened soy milk

OR

A fruit-based soy-milk smoothie

Lunch

Soy–linseed bread spread with hoummos, plus a salad

OR

A bowl of lentil and vegetable soup with soy–linseed toast, **PLUS** a pear or an orange

Snack

A small can of reduced-salt baked beans and an apple

Dinner

A stir-fry made of firm tofu, almonds and leafy green vegetables, served with brown rice or quinoa

OR

A curry made from chickpeas, cashews and plenty of vegies, served with brown rice **PLUS** a bowl of berries and a small tub of soy yoghurt

such as iron, vitamin B12 and zinc. You can keep lean steak and pork on the menu if you stick to three palm-size portions a week, ensuring the total is no more than 500g.

What can I drink?

Make sure you're having plenty of fluids, especially if you are eating more fibre, as you may experience constipation. You can boost your intake of soy protein with fruit-based smoothies and coffee made from unsweetened, calcium-fortified soy milk.

Avoid high-kilojoule soft drinks and avoid adding sugar to hot drinks. An occasional glass of red wine won't cause you any harm once your cholesterol levels are

You can still enjoy the odd glass of red wine

under control, but don't let drinking in excess become a habit.

Don't some foods contain cholesterol?

Yes, dietary cholesterol is found naturally in certain foods such as eggs, offal (which include liver, pâté and kidneys) and prawns. Doctors once advised us to limit these foods, but we now know they have very little effect on most people's cholesterol levels. So unless a doctor or dietitian advises you otherwise, there's no need to limit them. It's far more important to eat more fruit, vegetables, nuts, legumes and fibre, and cut back on foods that are high in saturated fat.

Can I start on the Portfolio Diet today?

Before you makeover your meals, discuss your intention to follow the Portfolio Diet with your GP. Remember, it's important to continue taking any prescribed medication, such as statins, until advised otherwise.

Once you have been given the go-ahead and the reassurance that your doctor will monitor your progress, you can start this eating plan safely and confidently. [hfg](#)

WHAT IS CHOLESTEROL?

"Cholesterol is a type of fat (or lipid) that's vital to normal body function," says GP Dawn Harper.

The liver makes most of the body's cholesterol, which is then carried around in the blood by lipoproteins. There are two types of cholesterol – one is harmful to our health, the other is protective.

♥ **Low-density lipoprotein (LDL)** is the destructive 'bad' type that carries cholesterol from the liver to cells and tissues. When there's too much LDL cholesterol in the blood, it can build up in artery walls, making them narrow and potentially causing blockages. People with cardiac risk factors, such as high blood pressure, should aim to keep their LDL cholesterol below 2mmol/L.

♥ **High-density lipoprotein (HDL)** is the protective 'good' type that carries cholesterol away from the cells and back to the liver to be broken down. High levels of HDL cholesterol appear to protect us against heart disease.

Check your levels The only way to learn your cholesterol

score is to have a blood test. "Without being tested, you won't know whether you have high blood cholesterol as it doesn't cause any symptoms," says Harper. "But it's important to know your levels because high cholesterol increases your risk of serious conditions such as stroke, atherosclerosis

and heart attack." A blood test will check for both LDL and HDL cholesterol, as well as triglycerides. Cholesterol levels are measured in millimoles

per litre (mmol/L), and a reading of 5.5mmol/L or more is considered high cholesterol.

A reading of 5.5mmol/L or more is considered high cholesterol.



Health & Nutrition

GLUTEN FREE



Alternative grains for better health

A healthy diet is a **balanced diet**. When so many foods contain wheat, one way to maintain a balanced diet is through eating **alternative grains** such as rice, corn, quinoa, buckwheat, millet, amaranth and chia.

Try ORGRAN, Australia's **original** and **biggest range** of alternative grains foods. Available in the health food aisle.



If you suffer from I.B.S., look out for the ORGRAN Tummy Friendly logo in the health food aisle. Products displaying this logo are:

- ✓ Fructose Free
- ✓ Gluten Free
- ✓ Made without some of the most common ingredients many people need to avoid or limit for healthy digestion, such as onion, garlic and pea flour.



www.ORGRAN.com



Available in independent supermarkets and health food stores. Selected lines available in Coles and Woolworths.

SLIM SECRETS

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THE BAR ON
PROTEIN!



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- ✓ Over 10g Fibre
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RECIPES

fresh & filling dinners • easy homemade pizzas • fruity sweet treats

MEALS THAT SATISFY

Enjoy food that makes you feel good from the inside like our light, vegie-packed pizzas; quick and easy chicken dinners; and fruity, low-kilojoule sweet treats!

We've done the hard work for you!

- ✓ Our recipes are based on **fresh and nutrient-rich** ingredients that are easy to find and **affordable**.
- ✓ Every main meal contains at least two serves of vegies for **optimal health benefits**, and our recipes are based on **ideal portion sizes**.
- ✓ Every recipe meets our **dietitians' nutrition criteria** to ensure it doesn't contain too much energy, saturated fat, sodium or sugar.
- ✓ Every dish is **tried and tested at least twice** so we know it's a reliable recipe that tastes great.
- ✓ Every recipe has a **complete nutrition analysis** for your benefit. The table on p95 helps you determine how each recipe works as part of your **daily nutrition and energy needs**.

Curry chicken & three-cheese pizza, p65

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**. For more detail on our recipe badges, see p99.



✓dairy free ✓diabetes friendly ✓gluten free ✓vegetarian

**Bean burger with
grilled eggplant
and hoummos**
(See recipe overleaf)



*fresh &
filling!*

Keep hunger at bay with
delicious meals that pack
a satisfying flavour punch!

A well-balanced meal
serves up a rainbow of
filling fibre-rich veg!

This
tasty dinner
serves up **all your**
daily veggie
needs

HIGH PROTEIN
HIGH FIBRE
LOW SODIUM
HIGH IRON
5 VEGIE serves

PER SERVE

1855kJ/444cal	Sugars 17.3g
Protein 33.5g	Fibre 11.5g
Total Fat 11.6g	Sodium 113mg
Sat Fat 2.6g	Calcium 167mg
Carbs 43.8g	Iron 5.3mg

**Spicy chicken
skewers with sweet
potato wedges**
(See recipe overleaf)

Eat lean and clean with these fresh and



Bean burger with grilled eggplant & hoummos (p52)

Serves **4** Cost per serve **\$3.40**

Time to make **30 min**

✓vegetarian ✓dairy free

✓diabetes friendly

- 2 x 400g cans no-added-salt four-bean mix, rinsed, drained**
- 1 egg**
- ½ cup fresh wholegrain breadcrumbs**
- ¼ cup chopped flat-leaf parsley**
- 1 teaspoon cumin**
- 1 small eggplant, trimmed, cut into 5mm-thick slices**
- 1 medium red capsicum, seeded, cut into wide strips**
- 1 large zucchini, cut into 5mm-thick slices**
- 2 wholegrain bread rolls, halved, toasted**
- 2 tablespoons reduced-fat hoummos**
- 1 cup baby rocket**
- Hot chilli sauce, to serve (optional)**

- 1** Place beans in a large bowl and mash roughly, leaving some texture. Add egg, breadcrumbs, parsley and cumin; mix until well combined. Wet hands to shape mixture into 4 patties.
- 2** Spray patties all over with olive oil. Set a large non-stick frying pan over medium heat. Cook patties for 2-3 minutes per side, or until burgers are golden.
- 3** Meanwhile, set a large grill pan over high heat. Spray eggplant,

capsicum and zucchini with a light coating of olive oil. Grill veg for 2 minutes per side, or until lightly charred and tender.

4 Spread each bread-roll half with hoummos, then top with eggplant, capsicum, zucchini, a bean burger and rocket.

5 Drizzle burgers with hot chilli sauce (if using) and serve.

Note To make this dish gluten free, use gluten-free breadcrumbs and serve the bean burger on gluten-free bread or wraps.



PER SERVE

1757kJ/420cal	Sugars 8.9g
Protein 21.8g	Fibre 17.9g
Total Fat 7.3g	Sodium 341mg
Sat Fat 1.3g	Calcium 123mg
Carbs 57.3g	Iron 6.4mg



Spicy chicken skewers with sweet potato wedges (p53)

Serves **4**

Cost per serve **\$4.55**

Time to make **40 min** plus

15 min marinating

✓gluten free ✓dairy free

✓diabetes friendly

- 1 teaspoon cumin**
- 2 teaspoons paprika**
- ½ teaspoon chilli flakes**
- 2 tablespoons lemon juice**
- 3 teaspoons olive oil**
- 400g chicken breast fillets, diced into 1.5cm cubes**

500g small sweet potatoes, cut into thin wedges

8 wooden or metal skewers,

soaked in cold water if wooden

2 red onions, peeled,

cut into thin wedges

4 Roma tomatoes, chopped

2 Lebanese cucumbers,

trimmed, chopped

1 x 400g can no-added-salt chickpeas, rinsed, drained

½ cup flat-leaf parsley leaves,

coarsely chopped

1 Preheat oven to 180°C. Line a large baking tray with baking paper. Combine cumin, paprika, chilli flakes, half of the lemon juice and 1 teaspoon of the olive oil in a shallow glass or ceramic dish. Add chicken and stir to combine. Cover dish and leave to marinate for 15 minutes.

2 Meanwhile, place sweet-potato wedges on prepared baking tray and spray with olive oil; roast, turning once, for 30-35 minutes, or until tender and golden.

3 Meanwhile, thread marinated chicken onto skewers, alternating with onion wedges. Spray a large grill pan or barbecue hotplate with olive oil and heat to medium-high. Grill skewers, turning occasionally, for 6-8 minutes, or until chicken is cooked through.

4 Place tomatoes, cucumbers, chickpeas and parsley in a large salad bowl with remaining lemon juice and olive oil; season with cracked black pepper and toss.

5 Serve spicy chicken skewers with sweet potato wedges, and tomato and chickpea salad.

easy meals — they're spring on a plate!

Grilled lamb with herb couscous & mint-pea salad

Try this light yet filling dish for a hit of **energising iron**

LOW KJ HIGH PROTEIN LOW FAT
HIGH FIBRE LOW SODIUM HIGH IRON 2 VEGIE serves

PER SERVE

1623kJ/388cal	Sugars 4.4g
Protein 35.7g	Fibre 8.2g
Total Fat 9.6g	Sodium 206mg
Sat Fat 3.6g	Calcium 124mg
Carbs 32.7g	Iron 5.6mg

Grilled lamb with herb couscous & mint-pea salad

Serves 4 Cost per serve \$6.75

Time to make 25 min plus

15 min marinating

✓diabetes friendly

2 tablespoons lemon juice
2 teaspoons olive oil
1 garlic clove, crushed
2 x 200g lean lamb backstraps
¾ cup wholemeal couscous
2 tablespoons chopped mint leaves, plus extra ½ cup torn leaves
1½ cups fresh or frozen baby green peas

200g sugar snap peas, trimmed, halved
2 bunches asparagus, trimmed, sliced
50g reduced-fat feta, crumbled, to serve

1 Mix 1 tablespoon of the lemon juice, 1 teaspoon of the olive oil and garlic in a shallow glass or ceramic dish. Add lamb and turn to coat; cover and place in fridge to marinate for at least 15 minutes.

2 Spray a large grill pan or non-stick frying pan with olive oil and set over medium-high heat. Cook lamb for 3 minutes per side (for medium), or until done to your

liking. Transfer lamb to a plate, cover loosely with foil and leave to rest for about 3 minutes.

3 Meanwhile, prepare couscous according to packet instructions. Fluff and separate grains with a fork; add mint and set aside.

4 Meanwhile, steam or boil all peas and asparagus for 2 minutes, or until just tender; refresh under cold running water, then drain. Transfer vegies to a large salad bowl with remaining lemon juice and olive oil, extra mint and feta; toss lightly to combine.

5 Cut grilled lamb into thick slices and serve with herb couscous and mint-pea salad.

Feed your
heart & brain
health with
the good fats
of oily fish

**Tandoori salmon with
coriander rice**
(See recipe overleaf)

A top-down view of a white ceramic bowl filled with a healthy meal. On the left side of the bowl is a portion of cooked quinoa. The rest of the bowl is filled with a salad of shredded carrots, green leafy vegetables, and sliced pieces of chicken that appear to be pan-fried or grilled. A silver fork is placed in the quinoa. To the left of the bowl is a folded green cloth napkin. In the top left corner, a glass of green juice with a lemon slice is visible. The background is a rustic wooden surface.

Cut excess fat, salt
and kilojoules in favour of
fresh Japanese flavours!

**Sesame chicken
with quinoa
& coleslaw**
(See recipe overleaf)

Whip up truly fast food that delivers lasting satisfaction



Tandoori salmon with coriander rice (p56)

Serves 4

Cost per serve **\$6.75**

Time to make **30 min** plus

15 min marinating

✓diabetes friendly

- ¼ cup reduced-fat plain yoghurt, plus extra ¼ cup, to serve
- 1 tablespoon tandoori paste
- 4 x 125g skinless salmon fillets
- 2 red capsicums, seeded, cut into wedges
- 1 head of broccoli, cut into florets
- 1 teaspoon cumin
- 2 bunches asparagus, trimmed
- ⅔ cup basmati rice
- 2 tablespoons chopped coriander
- 2 teaspoons finely grated lemon zest, plus lemon wedges, to serve

1 Preheat oven to 180°C. Line 2 baking trays with baking paper. Combine yoghurt with tandoori paste in a shallow glass or ceramic dish. Add salmon and turn to coat. Cover dish and place in fridge to marinate for 15 minutes.

2 Place capsicums and broccoli on one of the prepared baking trays; sprinkle with cumin and spray with olive oil. Roast veg for 15 minutes, or until tender and golden, adding asparagus for last 5 minutes of cooking time.

3 Meanwhile, drain salmon of excess marinade and place on the other prepared baking tray;

roast for 10–12 minutes, or until cooked to your liking.

4 Meanwhile, boil rice in a large saucepan of water for 12 minutes, or until just tender, then drain and return to pan. Add coriander and lemon zest; stir to combine and cover to keep warm.

5 Divide salmon, rice and roast vegetables among 4 plates; top with a dollop of yoghurt, season with cracked black pepper and serve with a lemon wedge.



PER SERVE

1896kJ/454cal	Sugars 5.1g
Protein 40.9g	Fibre 5.5g
Total Fat 15.8g	Sodium 270mg
Sat Fat 3.8g	Calcium 120mg
Carbs 32.9g	Iron 3.6mg



Sesame chicken with quinoa & coleslaw (p57)

Serves 4 Cost per serve **\$4.30**

Time to make **20 min** plus

30 min marinating

✓gluten free ✓dairy free

✓diabetes friendly

- 2 x 200g chicken breast fillets
- 1½ tablespoons reduced-salt, gluten-free tamari
- 3 teaspoons sesame oil
- 1 tablespoon sake
- 2 teaspoons finely grated ginger
- 4 cups baby spinach
- 2 large carrots, cut into matchsticks

1 medium red capsicum, seeded, thinly sliced

150g snow peas, trimmed, thinly sliced

2 cups steamed quinoa, to serve (see Cook's tip)

1 Slice chicken breasts horizontally through centres to make 4 thin fillets. Combine 1 tablespoon of the tamari and 1 teaspoon of the sesame oil with sake and ginger in a shallow glass or ceramic dish. Add chicken and turn to coat. Cover dish and place in fridge to marinate for 30 minutes.

2 Meanwhile, place spinach in a large salad bowl. Add remaining sesame oil and rub into leaves. Add remaining tamari with carrots, capsicum and snow peas; toss to combine and set aside.

3 Spray a large grill pan or non-stick frying pan with olive oil and set over medium-high heat. Add marinated chicken and grill for 2–3 minutes per side, or until cooked through.

4 Slice chicken and serve with steamed quinoa and coleslaw.

Cook's tip You'll need roughly ⅔ cup of dry quinoa to make 2 cups of cooked quinoa.



PER SERVE

1256kJ/300cal	Sugars 4.4g
Protein 27.9g	Fibre 5.0g
Total Fat 9.6g	Sodium 353mg
Sat Fat 2.4g	Calcium 75mg
Carbs 19.4g	Iron 5.2mg



Thai chicken patties
with vegie & rice salad

Thai chicken patties with vegie & rice salad

Serves **4** Cost per serve **\$3.45**

Hands-on time **15 min**

Cooking time **5 min**

✓gluten free ✓dairy free

✓diabetes friendly

500g chicken breast fillets,
coarsely chopped

1 egg white

1 tablespoon gluten-free
fish sauce

1 tablespoon finely grated ginger

1 tablespoon lemongrass paste

½ cup chopped coriander

3 shallots, thinly sliced

1 long red chilli, finely chopped

1 x 250g pouch 90-second
microwavable brown rice

1 x 400g bag coleslaw

200g snow peas, thinly sliced

2 teaspoons sesame seeds

¼ cup lime juice

1 tablespoon rice bran oil

1 Put chicken breast, egg white, fish sauce, ginger, lemongrass paste, coriander, half the shallots and two-thirds of the chilli in a food processor; blitz to combine until finely chopped.

2 Shape ¼ cupfuls of mixture into 8 patties. Spray a pan with olive oil; set over medium heat. Cook patties, in batches, for 4 minutes per side, or until cooked through.

3 Meanwhile, microwave rice according to packet instructions. Mix rice with coleslaw, snow peas, sesame seeds, lime juice and rice bran oil in a large salad bowl.

4 Serve Thai chicken patties with vegie and rice salad, and garnish with remaining shallots and chilli.

Note: You can freeze cooked chicken patties in a zip-lock bag for up to one month. [hfg](#)



PER SERVE

1692kJ/422cal
Protein 35.3g
Total Fat 14.9g
Sat Fat 3.5g
Carbs 32.2g

Sugars 6.9g
Fibre 7.5g
Sodium 574mg
Calcium 75mg
Iron 2.3mg

TOP THIS!

Get a healthy pizza the action
with these filling high-fibre slices.

**Salmon, mushroom
& ricotta pizza**
(See recipe overleaf)

Basic pizza

Makes 2 x 20-22cm pizza bases

Let's make some dough! Grab ...

- 2 cups 00 flour (see *Note*) or plain flour, plus extra
- 3 tablespoons for kneading
- 1 teaspoon instant yeast
- $\frac{3}{4}$ teaspoon salt
- 200ml warm water
- 1 tablespoon oil



1 Place flour in a large bowl; add yeast and salt. Make a well in centre; pour in water and oil.



2 Mix with a large spoon to form a soft, sticky dough.



3 Once pizza dough starts to come together, shape it into a large ball by hand.



4 Put dough on a lightly floured work surface; knead with fists and knuckles, flouring the surface as needed. After 5 minutes, dough should be smooth and less sticky.



5 Return dough to bowl and cover with a damp tea towel. Let dough rest for 20 minutes, then knead lightly for 5 minutes and divide into 2 balls.



6 Roll each dough ball into a 20-22cm round, using extra flour if necessary. Place rounds on preheated pizza stones or baking trays (see p63) and add toppings.

Get saucy with our basic tomato paste

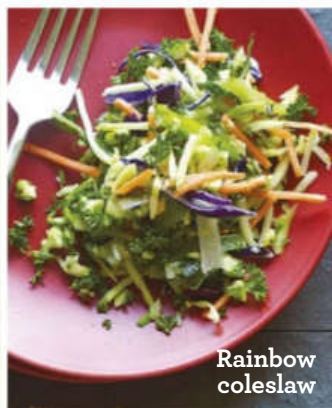
Makes 1 portion (enough to top 2 pizza crusts)

- $\frac{3}{4}$ cup passata
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon mixed dried herbs or basil
- 1 garlic clove, crushed

Method Combine all ingredients in a large bowl and season with cracked black pepper to taste.



Turn the page for tasty pizza toppings!



Rainbow coleslaw

Rainbow coleslaw

Serves 4 Cost per serve \$1.95

Time to make 15 min

✓gluten free ✓dairy free

✓vegetarian

- 1½ cups finely shredded red or white cabbage (or a mixture)
- 3 cups finely chopped broccoli
- 2 zucchini, grated
- 1 large carrot, grated
- ¼ red onion, finely chopped
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- Cracked black pepper, to taste

1 Toss all ingredients in a large salad bowl and refrigerate to chill. Serve coleslaw with pizzas.

Cook's tip To make a creamy dressing, replace the balsamic vinegar and oil with equal parts reduced-fat yoghurt and tahini.



PER SERVE

391kJ/94cal	Sugars 4.7g
Protein 4.5g	Fibre 5.0g
Total Fat 5.0g	Sodium 32mg
Sat Fat 0.8g	Calcium 62mg
Carbs 4.7g	Iron 1.5mg

Salmon, mushroom & ricotta pizza (p60)

Serves 4 Cost per serve \$6.25

Hands-on time 20 min

Cooking time 15 min

- 1 portion *Basic pizza crust* (2 x 20–22cm dough rounds; p61)
- 1 portion *Basic tomato paste* (p61)
- 150g reduced-fat fresh ricotta, crumbled
- 1 x 210g can no-added-salt pink salmon, drained
- 1½ cups mushrooms, sliced
- 2 medium tomatoes, sliced
- ½ cup sweet corn
- ½ teaspoon dried oregano or thyme
- ½ cup grated mozzarella
- 4 tablespoons grated parmesan
- Fresh oregano or thyme leaves, to garnish
- 4 serves *Rainbow coleslaw* (at left), to serve

1 Preheat oven to 220°C. Spread dough rounds with an even layer of *Basic tomato sauce*; top with ricotta, salmon, vegetables and dried oregano (or thyme).

2 Scatter pizzas with cheeses and spray with olive oil; place on preheated pizza stones or baking trays and bake for 15 minutes, or until crusts turn golden brown.

3 Garnish pizzas with fresh herbs and serve with *Rainbow coleslaw*.



PER SERVE (half a pizza)

2535kJ/606cal	Sugars 12.0g
Protein 34.1g	Fibre 11.5g
Total Fat 19.8g	Sodium 758mg
Sat Fat 6.4g	Calcium 503mg
Carbs 65.8g	Iron 4.1mg

Pesto, tofu & broccoli pizza ▶

Serves 4 Cost per serve \$6.10

Hands-on time 20 min

Cooking time 15 min

✓vegetarian

- 1 portion *Basic pizza crust* (2 x 20–22cm dough rounds; p61)
- 1 x 400g can cherry tomatoes
- ½ cup grated mozzarella
- 1 head of broccoli, broken into florets, steamed or boiled
- 1 small red onion, sliced
- 2 cups baby spinach
- 150g firm tofu, diced
- 4 tablespoons basil pesto
- ½ cup chopped walnuts or pine nuts
- 4 tablespoons grated parmesan
- Small basil leaves, to garnish

1 Preheat oven to 220°C. Top dough rounds with tomatoes; scatter with half the mozzarella. Add vegetables and diced tofu; brush with pesto and top with walnuts (or pine nuts), parmesan and remaining mozzarella.

2 Spray pizzas with olive oil and put on preheated pizza stones or baking trays; bake for 15 minutes, or until crusts turn golden brown.

3 Garnish pizzas with basil leaves, season with pepper and serve.

Note Use vegan cheeses that are free of animal rennet, if necessary.




PER SERVE (half a pizza)

2454kJ/587cal	Sugars 6.8g
Protein 27.5g	Fibre 12.4g
Total Fat 24.3g	Sodium 781mg
Sat Fat 5.4g	Calcium 441mg
Carbs 57.8g	Iron 4.9mg



Calling all vegetarians!
This filling slice is rich in iron!



Pesto, tofu & broccoli pizza

Top tips for crisp crusts!

- 1** Move the oven rack to the second-lowest rung.
- 2** Place a pizza stone on the rack, then heat the oven to 220°C and leave stone to heat for 20 minutes. If you're using a baking tray, heat it in the oven for only 10 minutes.
- 3** Remove stone or tray from the oven and set pizza on top. Bake pizza for 15 minutes, or until crust is golden brown.

Serve pizza with a side salad to score more fresh veg!



Lamb, rosemary & sweet potato pizza

Lamb, rosemary & sweet potato pizza

Serves 4 Cost per serve \$7.55

Hands-on time 20 min

Cooking time 15 min

1 portion *Basic pizza crust*

(2 x 20–22cm dough rounds; p61)

1 portion *Basic tomato paste* (p61)

150g reduced-fat fresh ricotta

½ cup grated parmesan

250g cooked lean lamb, thinly sliced

1 onion, thinly sliced

1 sweet potato, diced, cooked

1 red capsicum, diced

3–4 rosemary sprigs

2 tablespoons store-bought onion chutney, warmed

2 cups baby rocket

4 tablespoons reduced-fat natural yoghurt

Rainbow coleslaw (p62), to serve

1 Preheat oven to 220°C. Spread dough rounds with an even layer of *Basic tomato sauce*. Combine ricotta and parmesan. Top rounds with cheeses, lamb, vegetables and rosemary; season with black pepper and spray with olive oil.

2 Put pizzas on preheated pizza stones or baking trays; bake for 15 minutes, or until crusts turn golden brown. Brush pizzas with chutney; top with baby rocket.

3 Drizzle pizzas with yoghurt, season with black pepper and serve with *Rainbow coleslaw*.



PER SERVE (half a pizza + coleslaw)

2600kJ/622cal
Protein 39.9g
Total Fat 18.1g
Sat Fat 5.9g
Carbs 69.2g

Sugars 16.3g
Fibre 8.7g
Sodium 776mg
Calcium 367mg
Iron 5.5mg

Curry chicken & three-cheese pizza

Power into your week with this energising protein-rich slice!

Curry chicken & three-cheese pizza

Serves 4 Cost per serve \$5.85

Hands-on time 20 min

Cooking time 15 min

1 portion *Basic pizza crust*
(2 x 20-22cm dough rounds; p61)

1 portion *Basic tomato paste* (p61)

½ teaspoon curry powder

150g reduced-fat fresh ricotta

⅓ cup grated mozzarella

⅓ cup grated parmesan

250g cooked chicken breast, diced

2 cups baby spinach

1 red onion, sliced

1 green capsicum, diced

Rainbow coleslaw (p62), to serve

1 Preheat oven to 220°C. Spread dough rounds with *Basic tomato sauce*; sprinkle with curry powder.

2 Combine grated mozzarella with parmesan. Scatter cheeses onto dough rounds; top with chicken and veg, reserving a few spinach leaves to garnish. Season pizzas

with cracked black pepper and spray with olive oil.

3 Put pizzas on preheated pizza stones or baking trays; bake for 15 minutes, or until crusts turn golden brown. Garnish pizzas with reserved spinach and serve with *Rainbow coleslaw*. *hfg*

HIGH PROTEIN

HIGH FIBRE

HIGH CALCIUM

HIGH IRON

3 VEGIE SERVES

PER SERVE (half a pizza + coleslaw)

2690kJ/644cal
Protein 42.3g
Total Fat 22.2g
Sat Fat 6.2g
Carbs 62.1g

Sugars 11.6g
Fibre 10.7g
Sodium 774mg
Calcium 411mg
Iron 4.7mg

HFG MAKEOVER

Pub schnitzel

Treat yourself to tasty pub grub without the added fat.
Our schnitty comes packed with protein and fibre.

Veal schnitzel with roast veg wedges

Serves 4 Cost per serve \$5.10

Time to make 30 min

✓diabetes friendly ✓dairy free

- 3 large (about 400g) beetroots, trimmed, peeled, cut into wedges
- 500g sweet potato, peeled, cut into wedges
- 2 large carrots, peeled, cut into thick lengths
- ¼ cup plain flour (see Cook's tip)
- 1 egg
- ¾ cup quinoa flakes
- 2 tablespoons chopped herbs (such as chives and parsley)
- 2 teaspoons lemon zest
- 4 x 125g lean veal schnitzels
- 1 tablespoon olive oil
- 4 cups mixed salad leaves, to serve
- Lemon wedges, to serve

- 1 Preheat oven to 180°C. Line a large baking tray with baking paper. Place beetroot and sweet potato wedges on tray with carrots and spray with olive oil. Bake vegies for 25–30 minutes, or until tender and golden.
- 2 Meanwhile, put flour on a plate. Whisk egg and 1 tablespoon water in a bowl. Combine quinoa

with herbs and lemon zest on a separate plate. Dip a piece of veal into flour, then into egg mixture and then into quinoa mixture. Place veal on a plate; repeat this process with remaining veal to make 4 crumbed schnitzels.

3 Heat olive oil in a non-stick frying pan over medium-high heat. Add schnitzels and cook for 2–3 minutes per side, or until golden. Serve schnitzels with roast veg wedges, mixed salad leaves and a lemon wedge.

Cook's tip: To make this meal gluten free, replace the plain flour with rice flour. *hfg*



PER SERVE

Our version	Regular version
1657kJ/396cal	4418kJ/1057cal
Protein 38.7g	Protein 73.3g
Total Fat 9.1g	Total Fat 41.1g
Sat Fat 2.0g	Sat Fat n/a
Carbs 36.3g	Carbs 88.4g
Sugars 17.2g	Sugars 26g
Fibre 8.6g	Fibre 4.8g
Sodium 178mg	Sodium 1411mg
Calcium 86mg	Calcium n/a
Iron 4.3mg	Iron n/a

WHY OUR DISH IS HEALTHIER!

✓ Quinoa, not breadcrumbs

We've coated our schnitzel with quinoa flakes instead of breadcrumbs. Quinoa is higher in protein and fibre than store-bought breadcrumbs. To slash the salt and add loads of fresh flavour, we mixed herbs and lemon zest with the quinoa.

✓ Antioxidant-rich vegies

Instead of the usual pairing of mashed potato or hot chips, we have served our schnitzel with a variety of nutrient-rich vegies. Carrots and sweet potato are good sources of the antioxidant beta-carotene, which the body converts to vitamin A, for eye health and immunity. To top it off, we've added salad leaves to ensure you're getting four of your five daily serves of veg!

✓ Heart-healthy fat

Our schnitzel has a quarter of the fat of a fried pub version. Schnitzel is traditionally fried in butter and oil, raising the saturated fat content. We used olive oil, which is rich in heart-friendly monounsaturated fats.

SAVE

• 2761kJ/661cal

• 32g fat

Our version has
85% less salt!

Veal schnitzel with
roast veg wedges

Banish
hunger pangs
with this tasty
protein-rich
slice!

Smoked salmon &
asparagus frittata

It's LUNCH TIME!

Jazz up your weekend lunches with filling high-protein and low-kilojoule recipes from *the CSIRO Total Wellbeing Diet*.

Smoked salmon & asparagus frittata

Serves **4** Cost per serve **\$5.35**

Hands-on time **15 min**

Cooking time **30 min**

✓**gluten free**

12 thin asparagus spears,
trimmed

8 eggs

3 tablespoons chopped dill

200g smoked salmon,
cut into strips (see *Cook's tip*)

50g grated parmesan

8 cups garden salad,
to serve

- 1** Preheat the oven to 150°C. Line a 20cm square cake tin with baking paper.
- 2** Bring a large saucepan of water to the boil; add the asparagus and cook until just tender. Drain and rinse under cold water, then cut into 1cm lengths.
- 3** Whisk together the eggs and dill in a bowl. Season, then stir in the asparagus and smoked salmon. Pour into the prepared tin and sprinkle with grated parmesan. Bake for 25 minutes or until just set. Remove from the oven and allow to cool. Cut into

pieces and serve with a garden salad.

Cook's tip Try replacing the smoked salmon with smoked trout. Well-drained tinned salmon or tuna could be used for a budget option.



PER SERVE (plus 2 cups salad)

1459kJ/349cal
Protein 31.4g
Total Fat 19.5g
Sat Fat 6.8g
Carbs 10.7g

Sugars 5.9g
Fibre 4.3g
Sodium 639mg
Calcium 238mg
Iron 3.3mg

Chicken fattoush

Serves **4** Cost per serve **\$3.55**

Hands-on time **20 min**

Cooking time **15 min**

plus standing time

✓dairy free ✓diabetes friendly

2 x 200g skinless chicken breast fillets

4 x 35g Lebanese breads

300g cherry tomatoes, halved

1 large cucumber, halved lengthways, thinly sliced

1 red onion, thinly sliced

1 bunch radishes, trimmed and thinly sliced

Large handful mint leaves (optional)

Large handful flat-leaf parsley (optional)

⅓ cup (80ml) lemon juice

1 tablespoon extra virgin olive oil

1 teaspoon dried chilli flakes, or to taste

1 Preheat the oven to 200°C.

2 Heat a non-stick ovenproof frying pan over medium-high heat. Once hot, spray with olive oil, add the chicken breasts and cook for 1 minute. Turn the chicken breasts over, add 2 tablespoons water to the pan, then cover tightly with foil and transfer to the oven to cook for 15 minutes. Remove the pan from the oven and set aside for 30 minutes or until the chicken has cooled to room temperature.

3 Meanwhile, using a large serrated knife or your hands, open out each piece of bread and split into two rounds. Place the eight rounds on baking trays and bake for 20 minutes or until crisp. When cool enough to handle, break into large pieces and place in a bowl with the tomato, cucumber and onion. Toss to mix well.

4 Slice the chicken on the diagonal into thin slices, then add to the bowl. Add the remaining ingredients, toss to combine well, then divide among bowls and serve immediately.

Cook's tip If you need to make this salad gluten free, use toasted gluten-free wholegrain wraps. ➤

This light, low-kJ salad is **perfect** for warmer weather!



PER SERVE

1291kJ/309cal
Protein 28.1g
Total Fat 8.5g
Sat Fat 1.6g
Carbs 25.4g

Sugars 6.5g
Fibre 7.0g
Sodium 271mg
Calcium 138mg
Iron 4.2mg

Chicken fattoush

Minute steak sandwiches with pesto & grilled vegetables

Serves 4 Cost per serve \$4.10

Hands-on time 10 min

Cooking time 5 min

✓diabetes friendly

- 2 small zucchini, trimmed and sliced on the diagonal
- 1 large red capsicum, trimmed, seeded, cut into thick slices
- 4 x 100g lean beef or veal minute steaks, fat trimmed
- 4 slices wholegrain bread
- 2 tablespoons pesto
- 2 tomatoes (optional), thinly sliced
- Handful watercress sprigs

1 Heat a chargrill plate or heavy-based frying pan over medium-high heat. Spray the zucchini and capsicum with olive oil. Cook the zucchini for 3–4 minutes, turning once, or until lightly charred and tender, then set aside. Cook the capsicum for 4–5 minutes, turning once, or until lightly charred and tender, then set aside. Cook the steak for 1 minute on each side or until cooked through but still a little pink in the middle.

2 Lay out the bread slices on a board and spread with pesto. Divide the zucchini and tomato (if using) among the slices, then cut the steaks into two or three pieces and place on top.

3 Add the capsicum and watercress, season to taste pepper, then serve.

Cook's tip Substitute the pesto with horseradish, mustard or tapenade, if you prefer. For a change from red meat, chargrill some thinly-sliced chicken breast instead.



PER SERVE

1175kJ/281cal	Sugars 4.4g
Protein 27.4g	Fibre 4.4g
Total Fat 9.2g	Sodium 331mg
Sat Fat 3.0g	Calcium 48mg
Carbs 17.1g	Iron 3.5mg

Minute steak sandwiches with pesto & grilled vegetables



Baked mushrooms with goat's cheese & watercress

Top stuff!
Fill up on these
flavoursome
low-fat
mushies!

Baked mushrooms with goat's cheese & watercress

Serves **4** Cost per serve **\$4.40**

Hands-on time **25 min**

Cooking time **25 min**

✓gluten free ✓vegetarian

8 large field mushrooms,
stems removed

8 sprigs lemon thyme

1 cup (250ml) white wine

100g goat's cheese

4 spring onions, finely sliced

1 tablespoon chopped basil

1 tablespoon olive oil

2 teaspoons balsamic vinegar

**1 bunch watercress, washed
and trimmed**

1 Preheat oven to 180°C.

2 Place mushrooms, underside up, in a baking dish. Add thyme, pour over wine and lightly season. Cover with foil and bake for 15 minutes.

3 In a bowl, mix goat's cheese, spring onion, basil and 1 teaspoon of the oil. Spoon mixture evenly onto mushrooms, then bake for a further 10 minutes.

4 Mix together balsamic vinegar and remaining oil. Serve mushrooms with a salad of watercress and balsamic dressing. **hfg**



Recipes and images are from *the CSIRO total wellbeing diet Complete Recipe Collection* (\$39.99; Penguin Group Australia)



PER SERVE

882kJ/221cal
Protein 10.2g
Total Fat 9.7g
Sat Fat 4.5g
Carbs 7.1g

Sugars 3.8g
Fibre 5.4g
Sodium 300mg
Calcium 160mg
Iron 1.8mg

**Banana, raspberry
& walnut loaf**
(See recipe on p76)



LOW
KJ

LOW
FAT

HIGH
FIBRE

PER SERVE

740kJ/177cal
Protein 4.8g
Total Fat 3.8g
Sat Fat 0.5g
Carbs 28.4g

Sugars 12.5g
Fibre 5.4g
Sodium 166mg
Calcium 34mg
Iron 1.3mg

light DELIGHTS

Invite friends to share these fruit and nut treats –
they're low kilojoule, high fibre and naturally sweet!



Whiz up
these nutty
gluten-free bites!
**No cooking
required!**

Choc-peanut slice
(See recipe on p76)

LOW
KJ HIGH
PROTEIN HIGH
FIBRE

PER SERVE

772kJ/185cal
Protein 4.6g
Total Fat 11.5g
Sat Fat 2.6g
Carbs 14.7g

Sugars 14.0g
Fibre 3.9g
Sodium 6.9mg
Calcium 41mg
Iron 1.2mg

Lemon, date & coconut bliss balls

Makes **26 bliss balls** Cost per ball **\$0.30** Time to make **15 min** plus **30 min** chilling
✓gluten free ✓dairy free

½ cup pitted dried dates
2 cups almond meal
1 cup desiccated coconut,
plus extra ¼ cup
1 teaspoon vanilla extract
Zest and juice of half a lemon
2 tablespoons maple syrup
or honey

- 1** Line a large baking tray with baking paper. Place dates in a small heatproof bowl, cover with boiling water and leave to soften for 2 minutes, then drain.
- 2** Blitz dates in a food processor with remaining ingredients (except

extra coconut) for 2–3 minutes, or until mixture starts to form a fine crumb that holds its shape when pressed into a ball.

3 Press and shape 2 teaspoonfuls of mixture into a ball, roll in extra coconut and place on prepared baking tray; repeat with remaining mixture to make 26 bliss balls.

4 Refrigerate bliss balls for about 30 minutes, or until firm, and serve.

Note Store bliss balls in an airtight container in a cool, dry place for up to two weeks. In warm weather, keep them in the fridge.


LOW
kJ

PER SERVE

376kJ/90cal	Sugars 4.3g
Protein 2.0g	Fibre 1.7g
Total Fat 7.0g	Sodium 1.7mg
Sat Fat 22.2g	Calcium 22mg
Carbs 4.4g	Iron 0.4mg

Take tea
with a fruity
treat for just
30 cents
a pop!

**Lemon, date &
coconut bliss balls**



Oat & raisin cookies

Oat & raisin cookies

Makes **about 30 cookies** Cost per serve **\$0.20** Hands-on time **10 min** Cooking time **20 min**

✓diabetes friendly

✓dairy free

¾ cup raisins
2 cups rolled oats
1 cup plain wholemeal flour
2 tablespoons brown sugar
2 teaspoons cinnamon
1 teaspoon bicarb soda
1 teaspoon vanilla extract
¼ cup macadamia oil
(see **Cook's tip**)
1 x 140g tub (½ cup) apple purée
1 egg

1 Preheat oven to 180°C. Line 2 large baking trays with sheets of baking paper. Place raisins in a small bowl, cover with warm water and leave to soften.

2 Meanwhile, combine rolled oats, flour, sugar, cinnamon and bicarb soda in a medium bowl; stir thoroughly. Whisk remaining ingredients in another bowl.

3 Drain and coarsely chop soft raisins; add to dry ingredients with wet ingredients and mix well.

4 Wet hands slightly to shape tablespoonfuls of mixture into balls; place on prepared baking trays and press gently to flatten. Bake for 15–20 minutes, or until golden. Leave cookies to cool completely on trays and serve.

Cook's tip Olive oil and canola oil work well in this recipe, too.



PER SERVE

299kJ/72cal
Protein 1.5g
Total Fat 2.5g
Sat Fat 0.4g
Carbs 10.3g

Sugars 4.2g
Fibre 1.4g
Sodium 71mg
Calcium 14mg
Iron 0.5mg

The gluten-free recipe

iPhone app

Living gluten free just got a whole lot easier!

Healthy Food Guide has turned its hugely popular recipes into an amazing **iPhone app!**

FEATURES INCLUDE:

- 101 healthy, delicious **gluten-free recipes**
- Kilojoule/calorie counts and full **nutrition analysis**
- **Shopping list** creation
- **Email** shopping list
- Save **favourite recipes**
- **Add notes** to recipes



**AVAILABLE NOW
THROUGH iTunes**
or at healthyfoodguide.com/gluten-free



Banana, raspberry & walnut loaf (p72)

Serves **12** Cost per serve **\$0.50**
Hands-on time **10 min**
Cooking time **1 hour, 10 min**
✓dairy free ✓diabetes friendly

- ¾ cup pitted dried dates, coarsely chopped
- 2 cups self-raising wholemeal flour
- 1 teaspoon cinnamon
- ¼ cup walnuts, coarsely chopped, plus extra 1 tablespoon
- 1 cup mashed ripe banana (about 2-3 bananas)
- 2 teaspoons vanilla extract
- 2 eggs, lightly whisked
- ¾ cup fresh or frozen raspberries

1 Preheat oven to 180°C. Grease a 9cm x 19cm x 5.5cm loaf pan and line with baking paper.

2 Set a medium saucepan over low-medium heat. Add dates to pan with 1 cup water; simmer for 5 minutes, or until dates soften and start to break down. Remove saucepan from heat.

3 Combine flour, cinnamon and walnuts in a large bowl. Add date mixture, mashed banana, vanilla extract and eggs; stir until almost combined. Fold raspberries lightly through mixture.

4 Spoon mixture into prepared pan. Smooth surface with the back of a spoon, scatter with extra nuts and bake for 1 hour, 5-10 minutes, or until a skewer inserted into centre of loaf comes out clean.

5 Leave loaf to cool in pan for 30 minutes; turn out and transfer to a wire rack to cool completely. Slice loaf evenly and serve.

Note Store loaf in an airtight container in a cool, dry place.



Choc-peanut slice (p73)

Makes **18 squares**
Cost per serve **\$0.50**

Time to make **20 min** plus **5 min** chilling

✓gluten free ✓dairy free
✓diabetes friendly

- 2 cups almond meal
- 1½ cups pitted dried dates, coarsely chopped
- ¾ cup desiccated coconut
- 3 tablespoons cocoa powder
- 2 teaspoons vanilla extract
- 2 tablespoons honey
- ¼ cup natural no-added-sugar, no-added-salt crunchy peanut butter

1 Grease and line a 10cm x 20cm loaf pan with baking paper.

2 Place almond meal, chopped dates, coconut, cocoa powder and vanilla extract in a food processor; blend for 30 seconds to 1 minute. Add honey to mixture and blend until mixture starts to form a fine crumb that holds its shape when pressed into a ball. (If mixture is too dry, add 1 tablespoon boiling water and blend for 20-30 more seconds, or until mixture starts to come together.)

3 Remove 1 heaped tablespoon of date mixture from processor; set aside. Press remaining mixture into prepared loaf pan, smoothing surface with the back of a spoon. Place pan in freezer for 5 minutes, or until slice is slightly firm.

4 Remove slice from pan, using baking paper as a lever. Spread peanut butter evenly over slice; crumble reserved date mixture evenly over peanut butter. Cut slice into even squares and serve.

Note Store slice in an airtight container in the fridge. **hfg**



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GMO
FREE



NO ARTIFICIAL
COLOURS
OR FLAVOURS



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Creamy mustard
& lemon chicken

Long day?
This fuss-free
dish takes just
15 minutes!

LOW
kJ

HIGH
PROTEIN

HIGH
FIBRE

LOW
SODIUM

3
VEGIE
SERVES

PER SERVE

1609kJ/385cal	Sugars 7.1g
Protein 34.2g	Fibre 10.7g
Total Fat 19.6g	Sodium 287mg
Sat Fat 6.9g	Calcium 187mg
Carbs 12.9g	Iron 2.7mg

Meal for one

Savour this meal to feel like a spring chicken!

Creamy mustard & lemon chicken

Serves 1 Cost per serve **\$3.95**
Time to make **15 min**

- 1 x 125g skinless
chicken breast fillet
- 2 teaspoons olive oil
- 2 tablespoons reduced-fat
thickened cream
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon wholegrain mustard

- 150g frozen mixed green
vegetables (broccoli, green
beans, sugar snap peas)
- 1 cup baby rocket

1 Cut chicken breast horizontally through centre to make 2 thin fillets. Heat olive oil in a non-stick frying pan over medium-high heat. Add chicken and cook for 2-3 minutes per side, or until cooked through, then remove from pan. Reduce heat to low.

2 Add thickened cream, lemon juice and mustards to frying pan with 1 tablespoon water; stir to combine and bring to a simmer. Return chicken to pan and cook for 30 seconds, or until mustard sauce is heated through.

3 Meanwhile, boil veg in a small saucepan of water for 2 minutes, or until just tender, then drain.

4 Season chicken with pepper, garnish with parsley (optional) and serve with veg and rocket. **hfg**

Tasty Tempeh

simply delicious!

makes the most delicious Asian dishes come to life



Mouth-watering Tempeh with Stir-fried Vegetables

Ingredients

1 x 300gm pack of Nutrisoy Plain or Tasty Tempeh, sliced
1 tbsp sesame oil
½ tbsp garlic, crushed
3 shitake mushrooms, soaked then sliced
1 small onion, sliced
½ small red capsicum, cut into thin strips
½ carrot, cut into thin strips
1 celery, chopped
1 bunch of baby bok choy, sliced
1 small broccoli, sliced
¼ Chinese cabbage, sliced
1 tbsp light soy sauce
1 pinch of white pepper

Method

1 Heat oil in frypan on medium and fry tempeh for 1 minute on each side, then put aside.
2 In a wok or large frypan, heat oil on high, put garlic in and stir for roughly 1 minute until it looks brownish.
3 Add onion and capsicum, and stir for another 1 minute.
4 Add tempeh and the rest of the vegetables then stir.
5 Add soy sauce and pepper, stir for 2 minutes until all heated through and serve.

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes



- Rich source of protein
- **Nutritious**
- Cholesterol free
- **Non genetically modified**
- All eight essential amino acids
- **Contains cancer fighting phytoestrogens**
- Low in saturated fats
- **Easy to digest**
- Very versatile



Available from selected Coles, Bi-Lo, Woolworths and independent supermarkets. For further information and recipes please visit www.nutrisoy.com.au or phone 02 9316 5171

5pm panic

What's for dinner? A fresh, filling meal that's ready in a flash!

Smoked chicken, cranberry & pumpkin salad

Serves 4 Cost per serve \$5.40

Time to make 30 min

✓gluten free ✓dairy free

✓diabetes friendly

700g pumpkin, peeled, diced into 2cm cubes
320g smoked skinless chicken breast, sliced
¼ cup dried cranberries
4 cups cos lettuce, shredded
3 medium carrots, julienned
2 celery stalks, roughly sliced
1 small red onion, finely sliced
1 x 400g can no-added-salt chickpeas, rinsed, drained
6 tablespoons balsamic vinegar
3 tablespoons hulled tahini

1 Preheat oven to 180°C. Line a large baking tray with a sheet of baking paper. Place pumpkin on tray, spray lightly with olive oil and season with cracked black pepper; roast for 20 minutes, or until tender and golden.

2 Place remaining ingredients in a large salad bowl; toss well to combine. Add roast pumpkin to bowl and serve.



PER SERVE

1913kJ/458cal	Sugars 24.7g
Protein 36.9g	Fibre 14.2g
Total Fat 13.4g	Sodium 232mg
Sat Fat 1.9g	Calcium 178mg
Carbs 39.7g	Iron 2.3mg

Smoked chicken, cranberry & pumpkin salad

Meet your daily vegie quota with this fresh & fast salad

you'll need ...



pumpkin



hulled tahini



dried cranberries



cos lettuce

plus

+ smoked chicken
+ carrots & celery
+ red onion
+ chickpeas
+ balsamic vinegar



Chicken & chickpea lettuce cups

Chicken & chickpea lettuce cups

Serves **4** Cost per serve **\$4.90**

Time to make **25 min**

✓gluten free ✓dairy free

✓diabetes friendly

1 brown onion, finely diced
2 teaspoons crushed garlic
500g chicken breast fillets, diced
1 x 400g can no-added-salt chickpeas, rinsed, drained
2 tablespoons gluten-free sweet chilli sauce
Juice of 1 lime, plus lime wedges, to serve

8 iceberg lettuce leaves
4 medium carrots, grated or julienned
1 medium red capsicum, finely sliced
4 tablespoons roasted unsalted peanuts, roughly chopped
Coriander leaves, to garnish

1 Heat 1 tablespoon olive oil in a large non-stick frying pan over high heat. Sauté onion and garlic until soft. Add chicken and cook for 3-4 minutes, or until cooked through. Add chickpeas, sweet chilli sauce and lime juice; toss

well and cook for 2-3 more minutes, or until warm.

2 Spoon mixture evenly into lettuce leaves; top with grated carrot, capsicum and peanuts.

3 Garnish chicken-lettuce cups with coriander leaves and serve with a couple of lime wedges.



PER SERVE

1612kJ/386cal	Sugars 10.5g
Protein 36.9g	Fibre 8.6g
Total Fat 14.2g	Sodium 313mg
Sat Fat 2.9g	Calcium 95mg
Carbs 23.2g	Iron 2.0mg

you'll need ...



limes



chicken breast fillets



iceberg lettuce



chickpeas

plus

+ onion & garlic
+ sweet chilli sauce
+ carrots & capsicum
+ peanuts
+ coriander

Four-bean patties with roast veg

Serves 4 Cost per serve \$5.10

Time to make 30 min

✓vegetarian ✓diabetes friendly

2 medium heads of broccoli,
cut into florets
2 cups chopped red and
yellow capsicum
200g mushrooms, halved
2 x 400g cans no-added-salt
four-bean mix, rinsed, drained
Zest and juice of 1 lemon
100g oil-free sun-dried tomatoes
1 teaspoon paprika
2 tablespoons plain flour
½ cup coriander leaves

½ cup reduced-fat
sour cream, to serve
2 teaspoons sweet chilli
sauce, to serve

1 Preheat oven to 180°C. Line a large baking tray with baking paper. Place broccoli, capsicum and mushrooms on tray; spray with olive oil and season with black pepper. Roast veg in oven for 20–25 minutes, or until soft.

2 Meanwhile, place beans in a food processor with lemon zest, sun-dried tomatoes, paprika, flour and coriander; blend, scraping down sides of processor bowl, until well combined. Wet hands

and shape bean mixture into 8 patties, each about 2cm thick.

3 Heat 1 tablespoon olive oil in a large frying pan over medium-high heat. Cook patties for 5–10 minutes per side, or until golden. Mix lemon juice, sour cream and sweet chilli sauce in a small bowl.

4 Serve bean patties sweet-chilli sour cream and roast veg.



PER SERVE	
1721kJ/412cal	Sugars 9.4g
Protein 24.5g	Fibre 20.1g
Total Fat 11.2g	Sodium 99mg
Sat Fat 3.6g	Calcium 110mg
Carbs 42.5g	Iron 5.7mg

A vegetarian
taste sensation
that's packed
with iron &
protein!

Four-bean patties
with roast veg

you'll need ...



sun-dried tomatoes



broccoli



four-bean mix



capsicums

plus

+ mushrooms
+ lemon
+ paprika & flour
+ coriander
+ sour cream &
sweet chilli sauce

Thai meatballs with sesame noodle salad

Serves 4 Cost per serve
\$5.70 Time to make 30 min
✓dairy free

600g Heart Smart beef mince
1 red chilli, finely chopped
1 tablespoon crushed ginger
1 tablespoon fish sauce
2 tablespoons sesame seeds
2 x 200g packets
Hokkien noodles
2 teaspoons sesame oil
3 medium carrots, julienned
or peeled into ribbons
2 Lebanese cucumbers, julienned
or peeled into ribbons
200g sugar snap peas, trimmed
Juice of 2 limes, plus extra
lime wedges, to serve
½ cup coriander leaves

1 Combine mince, chilli, ginger and fish sauce in a medium bowl. Wet hands and roll mixture into 20 small even meatballs.

2 Spray a large non-stick frying pan with olive oil and set over high heat. Add meatballs and cook, turning, for 10 minutes, or until cooked through. Add sesame seeds to pan and toss well. Remove pan from heat.

3 Cook noodles according to packet instructions; drain and combine with sesame oil. Place sesame noodles in a large bowl with carrots, cucumbers, peas and lime juice; toss well.

4 Top noodle salad with meatballs, scatter with coriander and serve with lime wedges.



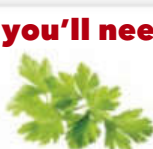
PER SERVE

2161kJ/517cal	Sugars 4.6g
Protein 49.3g	Fibre 6.7g
Total Fat 19.4g	Sodium 729mg
Sat Fat 6.6g	Calcium 102mg
Carbs 31.9g	Iron 5.5mg

Feeling tired?
The energising
iron & protein
will keep you
on the ball

Thai meatballs with
sesame noodle salad

you'll need ...



coriander



beef mince



sugar snap peas



Hokkien noodles

plus

+ chilli & ginger
+ fish sauce
+ sesame seeds & oil
+ carrots & cucumbers
+ limes

Pan-seared fish with couscous & lemon tabouli

Serves 4 Cost per serve \$5.20

Time to make 20 min

✓dairy free ✓diabetes friendly

- 1 cup wholemeal couscous
- 4 medium tomatoes, finely chopped
- 2 Lebanese cucumbers, diced
- 1 medium yellow capsicum, finely diced
- 1 medium red onion, finely diced
- Large handful of flat-leaf parsley or mint, finely chopped
- Zest and juice of 2 lemons, plus extra zest, to garnish
- 4 x 150g firm white fish fillets (such as Hoki or Blue-eye Trevalla)
- 1 tablespoon Tuscan or Cajun seasoning

1 Prepare couscous according to packet instructions, fluff grains with a fork and transfer to a salad bowl. Add tomatoes, cucumbers, capsicum, onion, herbs, lemon zest and juice, and 1 tablespoon olive oil to bowl; toss well, season with black pepper and set aside.

2 Spray a large non-stick frying pan with olive oil and set over medium-high heat. Sprinkle fish evenly with seasoning and cook for 2-3 minutes per side, or until cooked right through.

3 Garnish fish with extra lemon zest and serve with tabouli.

Low in fat & salt, yet brimming with mouth-watering flavours!



PER SERVE

1464kJ/350cal	Sugars 7.2g
Protein 31.9g	Fibre 10.8g
Total Fat 3.9g	Sodium 350mg
Sat Fat 0.6g	Calcium 158mg
Carbs 41.1g	Iron 5.0mg

Pan-seared fish with couscous & lemon tabouli

you'll need ...



tomatoes



firm white fish



wholemeal couscous



lemons

plus

- + cucumbers
- + capsicum
- + red onion
- + herbs
- + seasoning



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lunch box HEROES



Share your healthy lunch box with us to become a certified *HFG* Lunch Box Hero!



Ingrid makes home-made muffins, pizza scrolls and fruit kebabs for **Emily, 8.**



Nicole puts together fun finger foods for **Isla, 4.**



Kirsty creates a rainbow of sweet and salty for **Isabel, 5.**

WIN A GOBBLE PRIZE PACK!



Calling all kids! Let us feature your healthy lunch box in *Healthy Food Guide* magazine, and you'll receive an official *HFG* Lunch Box Hero certificate to proudly stick on your fridge, along with a fantastic prize!

If your lunch box appears here next month, you'll WIN a Gobble prize pack worth \$50! You'll receive a range of yummy 100% Australian-grown organic Gobble Sultanas, Currants and Sun Muscat Raisins. Find out more at facebook.com/gobbleorganics

How to enter

Visit www.healthyfoodguide.com.au/win or mail your pictures to Locked Bag 5555, St Leonards, NSW 1590 (Each of this month's Lunch Box Heroes has won a Funch prize pack worth more than \$50 – well done!)

food for fussy eaters

Combat your little one's sweet-tooth with a colourful, fruity snack.



Fruit leather

Serves **20** Makes **2 sheets**

(measuring 30 x 25cm)

Cost per serve **\$0.50**

Time to make **6-8 hours**

✓gluten free ✓dairy free

800g ripe stone fruit,
chopped with skin on
A squeeze of lemon
1 banana (optional)

1 Preheat oven to 50°C. Line 2 baking trays with baking paper. Place stone fruit in a pan with lemon and a splash of water. Simmer, stirring occasionally,

until fruit releases its juice. Reduce heat to low, cover and cook for 15 minutes, stirring occasionally, until very soft.

2 Blitz fruit in a blender or food processor until smooth. Taste for sweetness, add some or all of the banana if needed, and blitz again.

3 Pour the mixture onto the prepared trays and spread out evenly to a thickness of 3-5mm. Place in the oven for 6-8 hours, or until firmed into a gel that peels off the paper easily.

4 To serve, cut into long strips and roll up.

LOW
kJ

PER SERVE (ONE STRIP)

79kJ/19cal
Protein 0.4g
Total Fat 0.1g
Sat Fat 0g
Carbs 3.6g

Sugars 3.3g
Fibre 0.8g
Sodium 0.8mg
Calcium 4.2mg
Iron 0.1mg



Recipe and image are from *Sugar-Free Cooking: How to Eat Sweet with No Refined Sugars* by Sue Quinn (\$14.99; Hachette Australia)

Your feel-full weight-loss



Compiled by
HFG dietitian
Brooke Longfield

Eat hearty and lose weight!

“ Hungry all the time? Research tells us protein and fibre are key to lasting satiety (see p36). Our low-kJ meal plan provides the perfect balance of foods to keep you feeling full all day.

Tuck in to our combo of protein-rich breakfasts and snacks plus fibre-filled lunches and dinners to help you reach your weight-loss goals, just in time for summer. So enjoy! ”

Learn more about your individual nutrition needs on p95.



MONDAY

Breakfast

- **Banana-berry muesli**
½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ½ cup berries & 2 tbs Greek-style yoghurt (1600kJ/380cal total)

Lunch

- **Smoked salmon & asparagus frittata (p68)**
(1400kJ/330cal total)

Dinner

- **Bean burger with grilled eggplant & hoummos (p54)**
- **1 Lemon, date & coconut bliss ball (p74)**
(2100kJ/500cal total)

Snacks

- 1 cup Milo made with 200ml milk
- 10 almonds
- 1 orange
(1200kJ/290cal total)



TUESDAY

Breakfast

- **Brekkie smoothie**
made of 200ml milk, ½ cup yoghurt, ⅓ cup rolled oats, 1 banana & ½ cup berries
(1500kJ/360cal total)

Lunch

- **Tuna & couscous salad**
1 x 95g can tuna, ½ cup couscous, 2 cups mixed salad greens & ½ cup cherry tomatoes with 1 tbs balsamic vinegar
(1500kJ/360cal total)

Dinner

- **Spicy chicken skewers with sweet potato wedges (p54)**
• 1 cup diced watermelon
(2000kJ/480cal total)

Snacks

- 1 cup carrot sticks with 2 tbs reduced-fat hoummos
- ½ cup yoghurt with ¼ cup berries
(800kJ/190cal total)



WEDNESDAY

Breakfast

- **Banana-berry muesli**
½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ½ cup berries & 2 tbs Greek-style yoghurt
(1600kJ/380cal total)

Lunch

- **Smoked salmon & asparagus frittata (p68)**
• 1 cup grapes
(1500kJ/360cal total)

Dinner

- **Grilled lamb with herb couscous & mint-pea salad (p55)**
• 1 Lindt Lindor ball
(1900kJ/450cal total)

Snacks

- **1 Lemon, date & coconut bliss ball (p74)**
• 4 Arnott's Vita-Weat 9 Grains crispbreads with 40g reduced-fat cheese & sliced tomato
(1200kJ/290cal total)

Spread your snacks throughout the day.

meal plan

Each day's menu gives you ...

- 6300kJ (about 1500cal) for gradual weight loss
- more than 30g of satisfying fibre
- two serves of fruit and five serves of veg
- high-protein snacks to stave off hunger



THURSDAY

Breakfast

- **Baked beans on toast**
2 slices soy-linseed toast topped with 1 x 130g can reduced-salt baked beans
- 1 cup grapes
(1700kJ/410cal total)

Lunch

- **Chicken fattoush (p69)**
- ½ cup yoghurt with ¼ cup berries
(1700kJ/410cal total)

Dinner

- **Tandoori salmon with coriander rice (p58)**
(1900kJ/450cal total)

Snacks

- **1 Oat & raisin cookie (p75)**
- 1 cup Milo made with 200ml milk
- 1 mandarin
(1200kJ/290cal total)

FRIDAY

Breakfast

- **Tomato & avo toast**
2 slices soy-linseed toast topped with ¼ medium avocado & sliced tomato
(1600kJ/380cal total)

Lunch

- **Tuna & couscous salad**
1 x 95g can tuna, ½ cup couscous, 2 cups mixed salad greens & ½ cup cherry tomatoes with 1 tbs balsamic vinegar
- 1 mandarin
(1600kJ/380cal total)

Dinner

- **Lamb, rosemary & sweet potato pizza (p64)**
(2600kJ/620cal total)

Snacks

- 1 cup carrot sticks with 2 tbs reduced-fat hoummos
- 1 apple
(650kJ/160cal total)

SATURDAY

Breakfast

- **Banana-berry muesli**
½ cup untoasted fruit & nut muesli topped with ½ cup milk, 1 small sliced banana, ½ cup berries & 2 tbs Greek-style yoghurt
(1600kJ/380cal total)

Lunch

- **Egg & salad sandwich**
1 hard-boiled egg, 40g reduced-fat cheese, tomato & salad greens on 2 slices soy-linseed bread
(1800kJ/430cal total)

Dinner

- **Veal schnitzel with roast veg wedges (p66)**
- **1 Lemon, date & coconut bliss ball (p74)**
(2000kJ/480cal total)

Snacks

- 1 small skim latte
- 2 Arnott's Vita-Weat 9 Grains crispbreads with 2 tsp no-added-salt peanut butter
(850kJ/200cal total)

SUNDAY

Breakfast

- **Ham & veggie omelette**
2 eggs, 50g ham, 2 cups vegies (spinach, tomato, mushrooms) & ¼ cup cheese with 2 slices soy-linseed toast
(2100kJ/500cal total)

Lunch

- **Minute steak sandwiches with pesto & grilled vegetables (p70)**
- ½ cup yoghurt with ¼ cup berries
(1500kJ/360cal total)

Dinner

- **Sesame chicken with quinoa & coleslaw (p58)**
- 2 Lindt Lindor balls
(1900kJ/450cal total)

Snacks

- **1 Oat & raisin cookie (p75)**
- 1 cup carrot sticks with 2 tbs reduced-fat hoummos
(750kJ/180cal total) [hfg](#)

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**Healthy Food Guide,
Locked Bag 3355,
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What's *hot*

Look for these top products on store shelves in October



Flavour boost

Being made from corn (not rice), **Corn Thins Original** only has 96kJ (23cal) per slice but is full of yummy flavour. It's gluten free and tastes like popcorn squished into a crispbread. www.cornthins.com



The proof is in the pud

Looking for a protein-packed, gluten-free dessert that's low in sugar? Indulge in the lush salted caramel, choc coconut or strawberry **Slim Secrets Protein Puds**. www.slimsecrets.com.au



Flipping tasty

Kids will love the fun new colours of **Well and Good's Pancake Mix**. They can start their day with tasty flavours like Pomegranate & Raspberry, and Kale & Spinach. www.buyglutenfreedirect.com.au



Pop to it

Cobs Popcorns' organic range is back and better than ever. Its new packaging bursts off the shelves. The range comes in two flavours: Sea Salt & Lightly Salted, Slightly Sweet. www.cobspopcorn.com.au



All natural

Raw, organic and unfiltered, **Barnes Naturals Apple Cider Vinegar** contains the 'mother' enzyme. Read more about this Australian-made and owned vinegar at barnesnaturals.com.au



Green goodness

With the heart-healthy goodness of at least 12 avocados in every bottle, **Grove Avocado Oil** is cold pressed and extra virgin, making it your number-one choice for taste, quality and top nutrition.

Hard to Resist?

Why does high calorie food have to taste so damned good?

And whilst some people seem to be able to eat whatever they want, for most of us over indulgence leads to bumps and bulges exactly where we don't want them! And once the weight is on, it can be pretty hard to shift it.

Blooms Svelte GCB45 is high in chlorogenic acids that may help reduce sugar cravings. It is no miracle pill, however when used in conjunction with an energy controlled diet and exercise plan, Svelte can help you lose weight.

Manufactured in Australia by a 100% Aussie owned company, Svelte contains de-cafeinated green coffee beans that not only help reduce sugar cravings, but can encourage your body to break down fat for energy.



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for men
& women



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Make Every Day *Better*



blooms
HEALTH PRODUCTS

Every recipe in *HFG* has a complete nutrition analysis, so you can match your eating plan to your body's needs. Here's how to estimate your daily dietary requirements.

The nutrition information panel (below) that you'll see on all our recipes helps you work out how much of your daily nutrient needs this meal provides.



Your recommended daily intakes

	WOMEN 		MEN 	
	sedentary	active	sedentary	active
Kilojoules (kJ)	7600kJ	9800kJ	9900kJ	12,700kJ
Calories (cal)	1800cal	2300cal	2400cal	3000cal
Protein (g)	100g	129g	130g	167g
Total Fat (g)	68g	87g	88g	113g
Saturated Fat (g)	<21g	<26g	<27g	<34g
Carbohydrate (g)	205g	264g	267g	342g
Fibre (g)	25-30g		25-30g	
Sodium* (mg)	<2300mg		<2300mg	
Calcium (mg)	1000mg (≤50 years old) 1300mg (51+ years old)		1000mg (≤70 years old) 1300mg (71+ years old)	
Iron (mg)	18mg (≤50 years old) 8mg (51+ years old)		8mg	

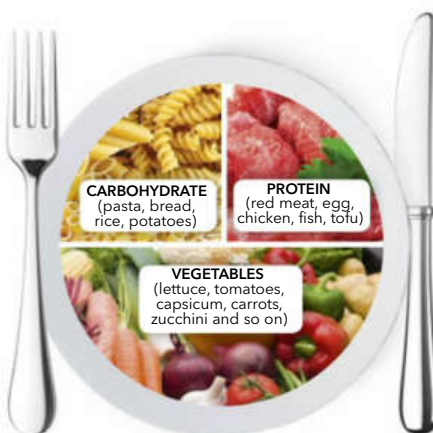
*If you have heart disease or are at high risk of this condition, aim to consume no more than 1600mg of sodium per day.

What's right for you?

The amount of energy you need each day to maintain your weight depends on your age, gender, height, weight, weight history and physical-activity level. The information in the table on this page is based on an average 31- to 50-year-old woman who weighs 60kg and is 1.6 metres tall, and on an average 31- to 50-year-old man who weighs 70kg and is 1.8m tall.

Use these recommended daily intakes only as a general guide. For personalised advice, visit daa.asn.au to find an Accredited Practising Dietitian.

The ideal meal looks like this:



All our recipes include moderate amounts of protein and carbs plus at least two serves of vegies. To apply this healthy equation to your main meals, fill one quarter of your plate with medium-glycaemic-index (GI) carbs (such as pasta) and one quarter with protein (like meat or tofu). Fill the rest of the plate (half) with vegetables or salad.

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All references are abridged.



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14-00328-001A



1

Ignore those fancy foods promising to refuel you after exercise – an egg on toast is just as beneficial!
(Fuel your workout, p42)

2

The secret to curbing hunger pangs? Protein-rich foods like eggs, nuts, fish and lean meat.
(The fullness factor, p36)

3

Imagine how much faster weeknight meals can be if all your vegies are already chopped. Take 20 mins on Sunday to chop all your veg for the week! **(1 hour to a healthy week, p30)**



10 THINGS you'll discover in this issue

6

If you're hot and bothered, is your morning coffee to blame? Coffee can exacerbate hot flushes that come with menopause.
(News bites, p14)



4

Our step-by-step guide will have you making healthy homemade pizzas in no time! So much better for you than home delivery!
(Top this! p60)



5

Ah nuts! That seemingly healthy choc-hazelnut spread can have three times as much sugar as peanut butter.
(How much sugar is in that nut spread? p28)



7

Keep a portion on hand! A daily handful of nuts can reduce the production of 'bad' LDL cholesterol. **(The diet that lowers cholesterol, p44)**



8

A can of baked beans is a healthy pantry staple, and it gives you 10 times more fibre than tinned spaghetti!
(This vs that, p23)



9

We've made over a pub favourite. Our veal schnitzel has only one third of the kilojoules!
(HFG makeover, p66)



10

Potato fans, you were right all along. Boiled potatoes are rated three times more satisfying than white bread on the 'satiety index'.
(The fullness factor, p36)



Don't miss our November issue — on sale Monday 19 October

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Get to know our recipe badges



Recipes contain no more than:

- 1700kJ per main meal
- 1000kJ per dessert
- 600kJ per side dish
- 200kJ per 250ml fluid



Recipes contain at least:

- 20g protein per main meal
- 5g protein per side dish or dessert



Recipes contain no more than:

- 10g fat per main meal
- 4.5g fat per dessert
- 3g fat per side dish
- 3.5g fat per 250ml fluid



Recipes contain at least:

- 6g fibre per main meal
- 3g fibre per side dish or dessert



Recipes contain no more than:

- 500mg sodium per main meal or dessert
- 200mg sodium per side dish



Recipes contain at least 250mg calcium per serve



Recipes contain 4.5mg (or more) iron per serve



Serves of vegies per serve

✓gluten free ✓dairy free

Contains no ingredients that usually contain gluten or dairy, but always check the ingredients you are using.

✓vegetarian

Suitable for lacto-ovo vegetarians. These recipes often include cheese, which may contain animal rennet. Check the label and use a vegetable substitute if you prefer.

✓diabetes friendly

Meals contain 65g (or less) carbohydrate, 4g (or more) fibre, 7g (or less) saturated fat, 600mg (or less) sodium, at least 2 serves of vegies and are low-medium GI. Desserts are low kilojoule, high fibre and low sodium; they usually contain fruit and are low-medium GI.

No-added-salt diet

Less than 1600mg sodium per day (as per Heart Foundation recommendations to reduce heart-disease risk).

Standard measurements

1 cup = 250ml • 1 tablespoon = 20ml
1 teaspoon = 5ml • Eggs are 55g
Temperatures are for fan-forced ovens.
For baking recipes, use a table spread that's at least 60 per cent fat.

GF indicates that a recipe is gluten free.

You can make many recipes gluten free if you replace bread, pastry and pasta with gluten-free varieties, and use gluten-free stocks and sauces.

fill up with
less

NO GLUTEN. NO ADDITIVES.
NO PRESERVATIVES. NO ARTIFICIAL FLAVOURS

#10 SATIETY INDEX



THE HONEST POPCORN.

Here's to a snack that says Yes to No's. No to all the bad stuff and Yes to a healthy flavoursome snack that's great for everyone. Number 10 on the Satiety Index means you don't need to eat as much to feel satisfied, great for your lips and your hips.

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GLUTEN-FREE

32 PAGE RECIPE BOOK



Mexican pizza



Polenta biscuits

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GLUTEN-FREE

recipe book



**Family
favourites
Quick meals
Sweet treats
& more ...**



Prawn pad thai, p12

**ALL
RECIPES
ARE DIETITIAN
APPROVED!**



Cheesy veg frittata, p18



Choc fig brownie, p22



Fruit & seed muesli, p29

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welcome



Living with an allergy or intolerance to gluten can be tough. And while the growing range of gluten-free foods on supermarket shelves has made it a little easier, it still remains that cooking your own meals is the trustworthy, economical and healthy thing to do.

In this booklet you will find our all-time favourite gluten-free recipes – from quick and simple weeknight meals through to delicious weekend treats.

What makes these recipes different, and better for you, is that every recipe meets our nutrition criteria. They're all low in the unhealthy things like saturated fat, salt and sugar, and high in fibre and other essential nutrients. Every meal is dietitian-approved and nutritionally balanced to help you eat well, and maintain a healthy weight.

So, we hope you find plenty of healthy inspiration and enjoyment in these pages.

Andrea Duvall, **Editor**

IMPORTANT NOTE In this cookbook, recipe ingredients with an asterisk (*) indicate that although this ingredient is usually gluten-free, it's wise to check the label to be sure: product ingredients can vary and formulations may change.

For more information on gluten and coeliac disease visit Coeliac.org.au

tips for cooking gluten-free

Once you know a few tricks and techniques, cooking gluten-free meals is simple, stress-free and easy.

What does gluten do in recipes?

1 STRUCTURE

It's the gluten in wheat flour that makes it so ideal for bread and other baked products, like scones.

When liquid is added to flour, it causes the gluten molecules to combine to form an elastic mass. This mass has the capacity to stretch and rise due to the action of baking powder or yeast. As such, it provides a structural framework that holds dough together and allows it to rise in the oven.

Gluten-free flours fail to provide the same elastic matrix to produce the soft and springy texture we tend to associate with bread and baked goods.

2 THICKENING/ BINDING AGENT

Wheat flour is commonly used to thicken soups, stews, batters or sauces. It's also used as a binding agent in rissoles and fritters.

3 COATING

Flour is often used to coat products like fish or chicken (schnitzel) before dipping in egg and breadcrumbs. Flour forms a good base for the egg and crumbs to cling to.

Flour is also often used to dust a work surface or utensils when making pastry, to prevent sticking.

How to substitute

Pick your recipes to adapt

You can successfully use gluten-free flour in place of wheat flour in most recipes, but some adapt better than others. Recipes that work well include ...

- recipes with only small amounts of flour
- recipes with ground nuts
- recipes with a high fruit content such as carrot or banana cake
- recipes with coconut

Gluten-free breads, muffins and cakes usually use finely ground nuts, such as almond meal, which gives products a heavier, moister texture than regular baked goods. This compensates for the dryness of gluten-free flours.

Recipes that are more difficult

- recipes containing a high-flour content
- recipes that are traditionally light and fluffy, such as sponges or scones
- bread

Check the small print

Most food additives (the numbers listed on many packaged foods) do not contain gluten, except for modified starches (1400-1450) which may do.

If additives do contain gluten, it should be specified on the label.

Always read the label carefully as product ingredients can vary and formulations can change.

INSTEAD OF	USE
breadcrumbs for coating	polenta LSA (linseed, sunflower, almond mix) quinoa flakes crushed rice crackers crushed gluten-free cornflakes
flour for coating (such as fish, schnitzel)	rice flour cornflour (check it's made from maize)
flour for thickening (such as gravy, stew)	gluten-free plain flour cornflour arrowroot (half quantities)
couscous	quinoa brown rice
stock powder	homemade stock gluten-free stock powder gluten-free soup mix



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what to look for on labels

Shopping for gluten-free items can be time-consuming, but once you know what to look for it becomes easier. Use these lists as a general guide next time you're shopping.

GLUTEN-FREE INGREDIENTS

- ✓ amaranth
- ✓ anti-caking agents
- ✓ arrowroot
- ✓ baby rice cereals
- ✓ balsamic vinegar
- ✓ buckwheat
- ✓ caramel*
- ✓ corn
- ✓ corn breakfast cereals
- ✓ dextrose*
- ✓ fructose*
- ✓ glucose* (including solids and syrup)
- ✓ maltitol
- ✓ maltodextrin*
- ✓ millet
- ✓ plain popcorn
- ✓ plain rice crackers/
rice cakes
- ✓ polenta
- ✓ potato flour
- ✓ quinoa
- ✓ red wine vinegar
- ✓ rice
- ✓ rice bran
- ✓ rice breakfast cereals
- ✓ rice flour
- ✓ rice noodles
- ✓ sago
- ✓ sorbitol*
- ✓ sorghum
- ✓ soy flour
- ✓ tapioca
- ✓ vegetable gums
- ✓ white vinegar
- ✓ white wine vinegar
- ✓ wild rice

* Gluten is not detectable in these ingredients (due to processing), even if derived from wheat

AVOID THESE PRODUCTS CONTAINING GLUTEN

- ✗ barley, barley flakes, barley flour
- ✗ bran, cereal, cornflour made from wheat, flour, some types of hydrolysed vegetable protein, starch, hydrolysed plant protein (often found in stock cubes), modified food starch
- ✗ bulgar, couscous, durum, enriched wheat flour, semolina, spelt, wheat bran, wheat flour, wheatgerm, wheat starch
- ✗ oat bran, oat flour, oatmeal, oats, rolled oats
- ✗ rye
- ✗ rye flour
- ✗ triticale
- ✗ triticale flakes

Products to check

These products may or may not contain gluten, depending on different brands, so it pays to check.

- baked beans
- baking powder
- basil pesto
- beer, lager
- black bean sauce
- buckwheat flour
- canned vegetables
- cheese – pre-grated (may have flour)
- cocoa, drinking and cooking chocolate
- coffee substitutes
- cornflour (check it is derived from corn not wheat)
- creamed corn
- crumb coatings for fish, meat or poultry
- curry paste
- curry powder
- custard powder
- dark chocolate
- dukkah
- dressings/mayonnaise
- gravies
- icing sugar
- mustards
- processed meats such as bacon, prosciutto
- products containing malt
- sauces including chilli, fish, hoisin, oyster, salsa, sweet chilli
- sausages
- some beverages
- some modified starches
- some seasonings and spices
- soups
- soy sauce
- stock cubes/powder
- taco shells
- tahini
- tofu
- tomato pasta sauce
- tomato paste
- tomato purée
- tomato sauce
- vinegar
- yoghurt

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PER SERVE (half a pizza)

1771KJ/424cal
Protein 22.1g
Total Fat 12.8g
Sat Fat 4.6g
Carbs 50.0g

Sugars 7.2g
Fibre 8.9g
Sodium 449mg
Calcium 110mg
Iron 2.3mg

Mexican beef & bean pizza with avocado salsa

Serves 4 Makes 2 pizzas Cost per serve \$3.30 Time to make 25 min

✓gluten free ✓diabetes friendly

- 2 large gluten-free pizza bases (such as Old Time Bakery)
- 1 small red onion, finely chopped
- ½ teaspoon Mexican chilli powder
- 200g Heart Smart beef mince
- ½ x 400g can no-added-salt kidney beans, rinsed, drained
- ¼ cup no-added-salt tomato paste
- 1 small zucchini, thinly sliced
- 1 small red capsicum, diced
- ⅓ cup grated reduced-fat mozzarella
- ½ ripe avocado, peeled, diced
- ½ x 250g punnet cherry tomatoes, quartered
- 2 tablespoons chopped coriander

- 1** Preheat oven to 200°C. Place a non-stick frying pan over medium-high heat and spray with olive oil. Add red onion and cook until soft.
- 2** Add chilli powder to frying pan and cook for 30 seconds, or until fragrant. Add mince and cook, breaking up mince with a wooden spoon, for 3–4 minutes, or until browned. Stir kidney beans through mince mixture; remove from heat.
- 3** Spread pizza bases with a layer of tomato paste; top with mince mixture, zucchini and capsicum, then scatter with mozzarella.
- 4** Cook pizzas in oven for 10 minutes, or until cheese is bubbling and golden.
- 5** Meanwhile, mix avocado, tomatoes and coriander in a small bowl to make salsa.

- 6** Slice pizzas and serve with a side of avocado salsa.

Cook's tip See p63 in the October issue of *HFG* for tips on crisp pizza crusts.



HIGH PROTEIN **HIGH FIBRE** **LOW SODIUM** **3 VEGIE SERV VEG**

PER SERVE	
1976kJ/473cal	Sugars 5.3g
Protein 39.2g	Fibre 9.5g
Total Fat 11.6g	Sodium 150mg
Sat Fat 3.3g	Calcium 181mg
Carbs 49.6g	Iron 3.3mg

Chicken parmigiana with quinoa & chia

Serves **4** Cost per serve **\$4.60** Hands-on time **30 min** Cooking time **25 min**

✓gluten free ✓diabetes friendly

700g desiree potatoes,
peeled, roughly chopped
2 teaspoons reduced-fat
table spread
1/3 cup reduced-fat milk
1/4 cup gluten-free plain flour
1 egg white, lightly beaten
1 cup quinoa flakes
1 tablespoon black
chia seeds
2 x 220g chicken breast
fillets, halved lengthways
1 x 200g punnet
grape tomatoes
2 medium zucchini,
peeled into ribbons
1/4 cup grated reduced-fat
mozzarella
300g steamed green beans,
to serve

1 Preheat oven to 180°C. Line
2 baking trays with foil. Bring
a saucepan of water to boil.

Cook potatoes uncovered for
10–12 minutes, or until just
tender; drain. Reduce heat to
low. Return potatoes to pan.
Add table spread and milk;
mash until smooth. Cover pan
to keep warm and set aside.

2 Meanwhile, put flour on a
plate. Place egg white into a
shallow bowl. Mix together
quinoa and chia on another
plate. Dip a piece of chicken
into flour, then into egg white
and finally into quinoa-chia
mixture. Set coated chicken
on a plate. Continue with
remaining chicken; set aside.

3 Place tomatoes on one of
the prepared baking trays;
spray with olive oil. Put tray in
oven; bake for 8–10 minutes,
or until tomato skins split and
tomatoes start to collapse.
Preheat grill to high.

4 Meanwhile, spray a frying
pan with olive oil; set over
medium-high heat. Add
zucchini ribbons and cook
for 1–2 minutes, or until
tender and golden. Remove
from pan and keep warm.

5 Respray same frying pan
with oil; set over medium-
high heat. Add reserved
coated chicken to pan and
cook for 3 minutes per side,
or until golden and cooked
through. Transfer chicken to
the other prepared baking
tray; top with zucchini and
cheese. Grill for 1–2 minutes,
or until cheese melts.

6 Top chicken with tomatoes
and serve with potato mash
and steamed green beans.



HIGH
PROTEIN

HIGH
FIBRE

HIGH
IRON

3½
VEGIES

PER SERVE (incl yoghurt)

1842kJ/441cal
Protein 23.2g
Total Fat 16.0g
Sat Fat 3.6g
Carbs 45.3g

Sugars 15.2g
Fibre 12.8g
Sodium 958mg
Calcium 138mg
Iron 5.1mg

Red lentil, pumpkin & tomato soup

Serves 4 Cost per serve \$1.95 Time to make 30 min (Suitable to freeze for up to one month)
✓gluten free ✓vegetarian

- 2 teaspoons olive oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 1 large carrot, grated
- 450g pumpkin, peeled, chopped
- 1 cup dried red lentils, rinsed, drained
- 3 cups gluten-free, reduced-salt vegetable stock
- 1 x 400g can no-added-salt chopped tomatoes
- 4 slices gluten-free wholegrain bread, toasted
- 1 small avocado, sliced
- 1 tablespoon finely chopped flat-leaf parsley

½ cup reduced-fat natural yoghurt, to serve

- 1** Heat oil in a saucepan over medium heat. Add onion and saute until soft. Add garlic, carrot, pumpkin, lentils, stock, tomatoes and 2 cups water.
- 2** Bring mixture to the boil, reduce heat, cover pan and simmer for 30 minutes, or until pumpkin is very tender.
- 3** Remove from heat and puree using a stick blender.
- 4** Meanwhile, top toast with avocado. Sprinkle soup with parsley; dollop with yoghurt, and serve with avocado toast.

Cook's tip The soup thickens a little if made in advance. To thin soup, you can add a little more water, if necessary.

Want curry in hurry?
Gluten-free curry paste
adds flavour in minutes!



HIGH PROTEIN **HIGH FIBRE** **LOW SODIUM** **3 VEGIE**
SERV VEG

PER SERVE

2083kJ/498cal
Protein 21.1g
Total Fat 14.7g
Sat Fat 11.2g
Carbs 69.6g

Sugars 11.0g
Fibre 8.1g
Sodium 488mg
Calcium 91mg
Iron 2.1mg

Coconut chickpea curry with noodles

Serves 4 Cost per serve \$3.30 Time to make 30 min

✓gluten free ✓dairy free ✓vegetarian

2 tablespoons gluten-free
tikka curry paste
1 tablespoon grated
fresh ginger
1 x 400g can reduced-fat
coconut milk
450g sweet potato, peeled,
cut into 2cm pieces
1 x 400g can no-added-salt
chickpeas, rinsed, drained
450g fresh or frozen
cauliflower, cut into
small florets
200g rice noodles
½ bunch coriander, roughly
chopped, to garnish
Lime wedges, to serve

1 Set a large, deep frying
pan over medium heat. Add
curry paste and ginger; cook
for 1-2 minutes. Add coconut
milk with 1 cup water; bring
to the boil. Add sweet potato
and chickpeas; reduce heat
and simmer for 5 minutes.

2 Add cauliflower florets to
pan and cover. Simmer curry
for another 15-20 minutes, or
until vegies are tender.

3 Meanwhile, place noodles
in a medium heatproof bowl,
cover with boiling water and
prepare according to packet
instructions.

4 Divide noodles among
serving plates and top with
curry. Garnish curry with
coriander and serve with
lime wedges.



PER SERVE

1605kJ/384cal
Protein 31.6g
Total Fat 3.7g
Sat Fat 0.6g
Carbs 54.1g

Sugars 9.1g
Fibre 4.2g
Sodium 575mg
Calcium 152mg
Iron 1.3mg

Prawn pad thai with broccolini

Serves **4** Cost per serve **\$4.00** Time to make **30 min**

✓gluten free ✓dairy free ✓diabetes friendly

200g rice flat noodles
4 tablespoons lime juice
2 teaspoons fish sauce
4 teaspoons brown sugar
400g peeled green prawns,
tails intact
1 onion, cut into thin wedges
1 large carrot, peeled,
cut into thin matchsticks
2 bunches broccolini,
trimmed, cut into
long florets
1 red capsicum, seeded,
thinly sliced
1 cup bean sprouts
2 tablespoons chopped
peanuts, to serve
Lime wedges, to serve

1 Set noodles in a heatproof bowl, cover with boiling water and soak for 5 minutes; drain well. Mix lime juice, fish sauce and sugar in a bowl; stir to dissolve sugar and set sauce aside.

2 Spray a wok with olive oil; set over high heat. Cook prawns in 2 batches for 2–3 minutes, or until golden and just cooked through. Remove pan from heat; set prawns aside. Respray wok with oil; return to heat. Add onion and carrot; stir-fry for 2 minutes. Add broccolini and capsicum; stir fry for 1–2 minutes.

3 Add bean sprouts and stir-fry for 1 minute. Add noodles, prawns and sauce, and cook, tossing, for 1–2 minutes, or until noodles are coated in sauce.

4 Scatter chopped peanuts over pad thai and serve with lime wedges.



PER SERVE

1574kJ/377cal
Protein 37.2g
Total Fat 7.8g
Sat Fat 2.0g
Carbs 36.6g

Sugars 4.2g
Fibre 3.1g
Sodium 143mg
Calcium 73mg
Iron 2.1mg

Grilled piri-piri fish with warm rice salad

Serves 4 Cost per serve \$2.70 Time to make 25 min plus 30 min marinating

✓gluten free ✓dairy free

2 garlic cloves, crushed
2 teaspoons lemon zest
2 tablespoons lemon juice
2 teaspoons olive oil
½ teaspoon chilli flakes
4 x 150g firm white fish fillets
1 large zucchini, halved, thinly sliced
200g snow peas, thinly sliced
150g oil-free roast red capsicum, drained, chopped
3 cups cooked basmati rice
2 tablespoons chopped flat-leaf parsley
Lemon wedges, to serve

1 Combine half of the garlic and half of the lemon zest with lemon juice, olive oil and chilli flakes in a large shallow glass dish. Add fish fillets and stir to coat. Cover dish and refrigerate for 30 minutes.

2 Spray a large grill pan or frying pan with olive oil and set over high heat. Add fish fillets to pan and grill for 2–3 minutes per side, or until cooked to your liking.

3 Meanwhile, spray a large frying pan or wok with olive oil. Add remaining garlic and lemon zest to pan with zucchini and snow peas.

Cook, stirring, for 2 minutes, or until almost tender. Add capsicum and rice; cook for 2 more minutes, or until rice salad is warmed through.

4 Stir parsley into salad; season with cracked black pepper. Divide salad among plates and top with fish. Serve with lemon wedges.

Traditional meat and veg get a



LOW kJ LOW FAT HIGH PROTEIN LOW SODIUM 4 VEGIE SERVES

PER SERVE

1485kJ/355cal
Protein 36.6g
Total Fat 9.8g
Sat Fat 3.5g
Carbs 27.3g

Sugars 11.1g
Fibre 5.1g
Sodium 194mg
Calcium 183mg
Iron 2.1mg

Chicken rolls with semi-dried tomatoes

Serves 4 Cost per serve \$5.30 Time to make 30 min

✓gluten free ✓diabetes friendly

- 2 x 250g chicken breast fillets
- 1 cup baby spinach leaves
- ⅓ cup grated reduced-fat mozzarella
- 60g oil-free semi-dried tomatoes, chopped
- 600g sweet potato, peeled, chopped
- 1 tablespoon chopped fresh chives
- 1 bunch steamed broccolini, to serve
- 2 cups steamed green beans, to serve

1 Preheat oven to 180°C. Cut each chicken breast horizontally to make 4 thin

fillets. Place each piece of chicken between 2 pieces of baking paper and pound until an even thickness.
2 Place chicken on a clean work surface. Top each fillet with a quarter of the spinach leaves; scatter with grated cheese, then place a quarter of the tomato into centre of each. Roll fillets firmly, starting at short end, to enclose filling. Secure with toothpicks.
3 Spray a large non-stick frying pan with oil and set over high heat. Cook chicken for 1 minute per side, or until golden. Transfer rolls to a

baking tray and bake for another 15–20 minutes, or until cooked through.
4 Meanwhile, cook sweet potato in a saucepan of boiling water for 5–6 minutes, or until tender. Drain, return to saucepan and mash until smooth. Stir through chives. Thickly slice chicken, then serve with mash, steamed broccolini and green beans.
Cook's tip If you don't like semi-dried tomatoes, you can use an olive tapenade or basil pesto instead.



PER SERVE

1470kJ/352cal
Protein 38.7g
Total Fat 9.8g
Sat Fat 4.2g
Carbs 23.5g

Sugars 14.6g
Fibre 6.0g
Sodium 163mg
Calcium 150mg
Iron 4.3mg

Roast lamb with pumpkin & dukkah

Serves 4 Cost per serve **\$5.95** Hands-on time **20 min** Cooking time **30 min**

✓gluten free ✓diabetes friendly

750g Kent pumpkin, seeded, cut into thin wedges
½ a large head of cauliflower, trimmed, cut into florets
2 x 250g mini lamb round roasts
2 teaspoons gluten-free pistachio dukkah
½ cup reduced-fat yoghurt
1 tablespoon finely chopped coriander
1 tablespoon lemon zest
2 bunches steamed broccolini, to serve

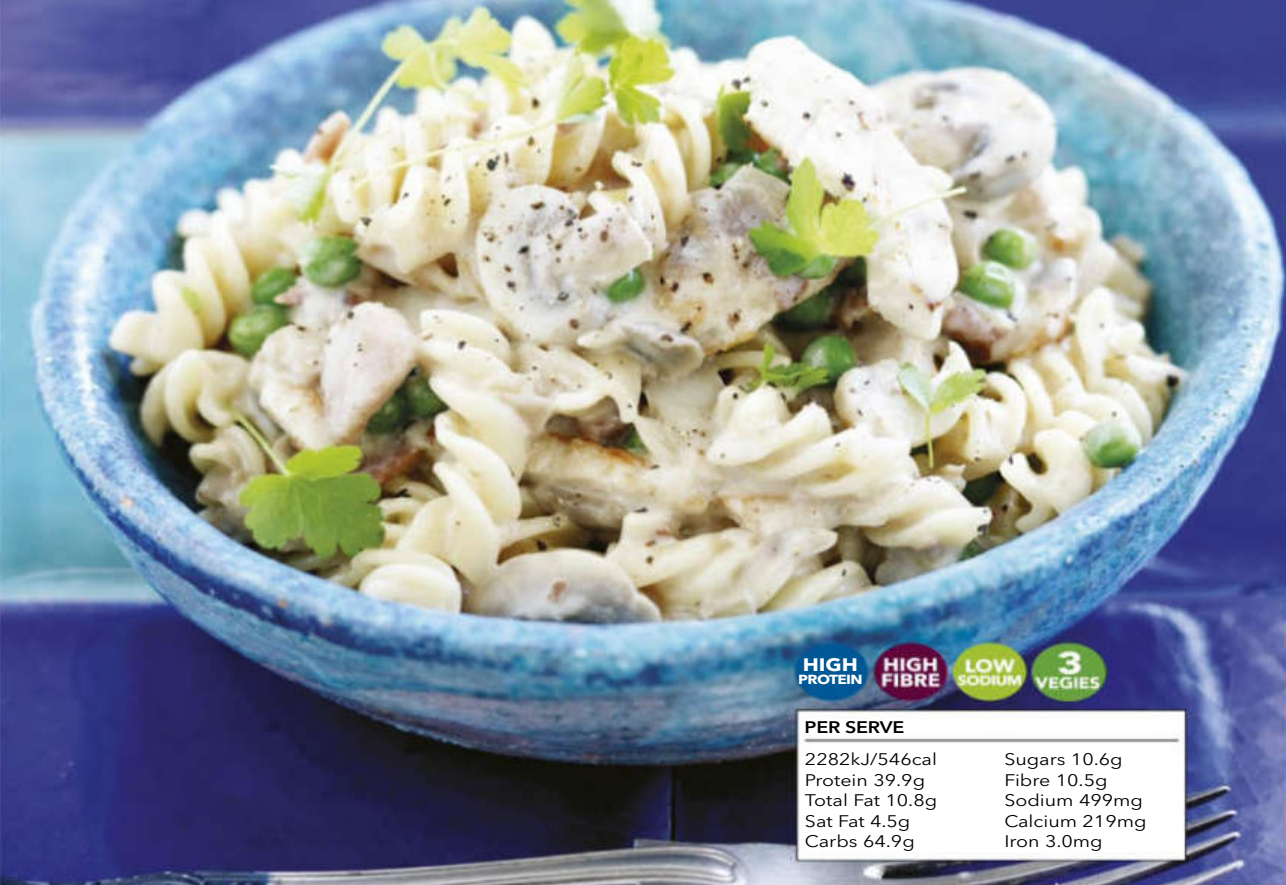
1 Preheat oven to 200°C and line 2 baking trays with baking paper. Place pumpkin

and cauliflower on one of the prepared trays and spray with olive oil. Roast for 25–30 minutes, or until vegies are golden and tender.

2 Meanwhile, spray a large non-stick frying pan with olive oil and set over high heat. Add lamb and cook for 1–2 minutes per side, or until golden. Transfer seared lamb to other baking tray, sprinkle with dukkah; roast for 15–20 more minutes, or until cooked to your liking. Remove lamb from oven, cover loosely with foil to keep warm and leave to rest for 5 minutes.

3 Meanwhile, place yoghurt, coriander and lemon zest into a small bowl; stir to combine. Slice lamb thinly across the grain; and serve with roasted vegies, yoghurt dressing and steamed broccolini.

Cook's tip Instead of roast cauliflower, make cauliflower puree for a twist on traditional mash. Steam or boil until soft, then puree in a blender. Add a little parmesan to serve.



HIGH PROTEIN HIGH FIBRE LOW SODIUM 3 VEGIES

PER SERVE

2282kJ/546cal
Protein 39.9g
Total Fat 10.8g
Sat Fat 4.5g
Carbs 64.9g

Sugars 10.6g
Fibre 10.5g
Sodium 499mg
Calcium 219mg
Iron 3.0mg

Creamy mushroom, chicken & bacon pasta

Serves 4 Cost per serve \$4.60 Time to make 30 min

✓gluten free ✓diabetes friendly

250g gluten-free spiral pasta
1 small red onion, chopped
80g short-cut bacon,
fat trimmed, chopped
500g button
mushrooms, sliced
250g chicken breast fillets,
sliced
2 garlic cloves, crushed
2 cups frozen peas
1 tablespoon
gluten-free cornflour
1 cup low-fat
evaporated milk
½ cup Philadelphia Light
Cream For Cooking
2 tablespoons chopped
flat-leaf parsley

1 Cook pasta according to packet instructions. Drain and return to saucepan.

2 Meanwhile, set a frying pan over medium heat and spray with olive oil. Cook onion and bacon, stirring occasionally, until onion is soft. (Take care not to burn onion.) Add mushrooms, chicken and garlic. Cook over high heat, stirring for 5 minutes or until mushrooms are tender and chicken is cooked through.

3 Add peas to pan; stirring for 1-2 minutes. Mix cornflour with evaporated milk and add gradually to saucepan; cook, stirring for 2 minutes, or until sauce boils and thickens. Stir in cream; heat through. Add mushroom sauce mixture to pasta and toss. Sprinkle with parsley and serve.

Crunch into our flavour-packed hot chips!



PER SERVE

1820kJ/435cal
Protein 38.8g
Total Fat 9.6g
Sat Fat 4.1g
Carbs 44.2g

Sugars 10.9g
Fibre 3.7g
Sodium 236mg
Calcium 349mg
Iron 5.9mg

Pepper steak with herb & parmesan polenta chips

Serves 4 Cost per serve \$5.70 Time to make 50 min plus 30 min marinating

✓gluten free

- 2 cups skim milk
- 1 cup (190g) instant polenta
- ¼ cup finely grated parmesan
- 2 tablespoons finely chopped flat-leaf parsley
- 2 tablespoons balsamic vinegar, plus extra
- 2 teaspoons
- 2 tablespoons red wine
- 1 teaspoon cracked black pepper
- 4 x 125g lean beef fillet steaks
- 200g baby rocket
- 1 x 250g punnet cherry tomatoes, halved
- 1 Lebanese cucumber, sliced

1 Line a 16cm x 26cm baking tray with baking paper. Make polenta: Pour milk into a

saucepan with 2 cups water and bring to the boil. Reduce heat to low and add polenta in a slow, steady stream. Cook for 6–7 minutes, stirring until mixture is thick. Stir parmesan and parsley through polenta. Transfer mixture to prepared baking tray; smooth surface with the back of a spoon. Leave polenta to cool at room temperature until set. **2** Put vinegar, red wine and pepper in a shallow non-metallic bowl. Add steaks; turning to coat. Marinate for 30 minutes.

3 Preheat oven to 200°C. Line a large baking tray with baking paper. Invert polenta onto a clean chopping board and cut into thick chips. Place

chips on prepared tray and spray with olive oil. Bake, turning chips halfway through cooking time, for 30 minutes, or until golden and crisp.

4 Meanwhile, spray a large grill pan with olive oil; set over high heat. Cook steaks for 2–3 minutes per side, or done to your liking. Transfer steaks to a plate and cover loosely with foil. Leave to rest for 2–3 minutes.

5 Combine baby rocket, tomatoes and cucumber in a large salad bowl; drizzle with extra balsamic vinegar.

6 Divide chips and steaks among serving plates and serve with rocket salad.



Green vegie, goat's cheese & herb frittata

Serves 4 Cost per serve \$3.75 Hands-on time 15 min Cooking time 20 min

✓gluten free ✓vegetarian ✓diabetes friendly

2 teaspoons olive oil
 1 garlic clove, crushed
 2 teaspoons thyme leaves
 1 bunch broccolini,
 halved lengthways
 85g green beans, trimmed
 4 Brussels sprouts,
 thinly sliced
 6 eggs
 2 egg whites
 2 tablespoons finely grated
 parmesan (optional)
 75g crumbled goat's cheese
 2 tablespoons
 chopped chives
 275g baby truss tomatoes
 2 tablespoons
 small basil leaves

8 cups salad greens,
 to serve

1 Preheat oven to 220°C. Heat olive oil in an ovenproof frying pan; set over medium-high heat. Add garlic and thyme; cook for 30 seconds. Add broccolini, green beans and Brussels sprouts with ½ cup cold water; stir and cook for 5 minutes, or until vegetables are just tender.
2 Whisk eggs, egg whites and parmesan (if using) in a medium bowl; season with black pepper. Pour mixture into pan; scatter with goat's

cheese and half the chives. Bake for 12–15 minutes, or until frittata is just set.

3 Meanwhile, line a baking tray with baking paper. Put tomatoes on tray and bake for last 10 minutes of frittata cooking time, or until skins are slightly blistered.

4 Sprinkle frittata with extra chives and basil. Serve with tomatoes and salad greens.

Cook's tip Not keen on goat's cheese? Try using feta or reduced-fat ricotta instead.

fill up with less

**NO GLUTEN. NO ADDITIVES.
NO PRESERVATIVES. NO ARTIFICIAL FLAVOURS**

#10 SATIETY INDEX



THE HONEST POPCORN.

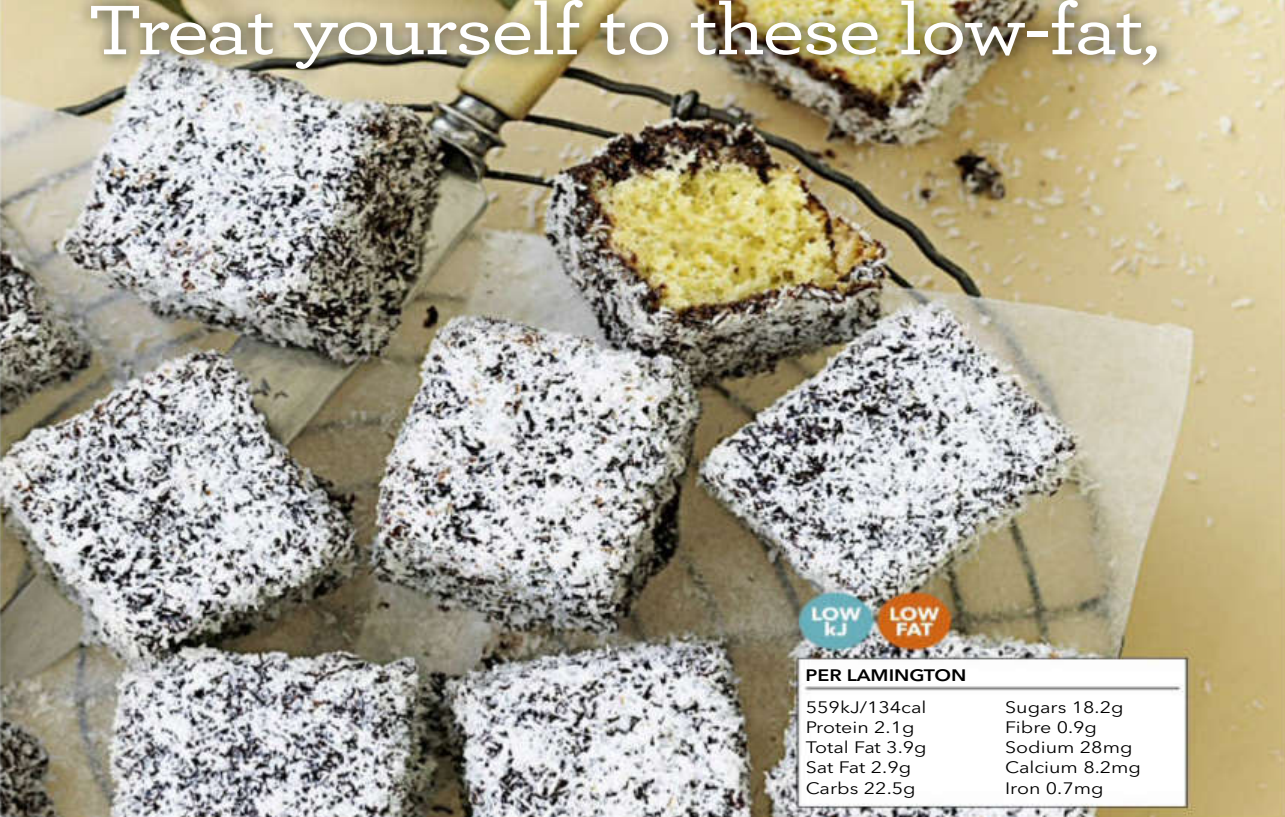
Here's to a snack that says Yes to No's. No to all the bad stuff and Yes to a healthy Flavoursome snack that's great for everyone. Number 10 on the Satiety Index means you don't need to eat as much to feel satisfied, great for your lips and your hips.

COBSPOPCORN.COM.AU



amba5342gfh

Treat yourself to these low-fat,



LOW
KJ

LOW
FAT

PER LAMINGTON

559kJ/134cal
Protein 2.1g
Total Fat 3.9g
Sat Fat 2.9g
Carbs 22.5g

Sugars 18.2g
Fibre 0.9g
Sodium 28mg
Calcium 8.2mg
Iron 0.7mg

Lamingtons

Makes **20** Cost per lamington **\$0.25** Hands-on time **30 min** Cooking time **20 min** plus **2 hours** resting

✓gluten free ✓dairy free

3 eggs

1 teaspoon vanilla extract

½ cup caster sugar

**¾ cup gluten-free
plain flour**

**½ teaspoon gluten-free
baking powder**

¼ cup pure cocoa powder

250g gluten-free

icing sugar

1 cup desiccated coconut

1 Preheat oven to 180°C.

Grease and line a 16cm x 26cm lamington tin with baking paper.

2 Set eggs and vanilla extract in a mixing bowl; beat with a handheld electric mixer until thick and creamy. Slowly add caster sugar, beating until sugar dissolves and mixture triples in volume. Sift flour

with baking powder; gently fold into mixture with a metal spoon until just combined. (Try not to overmix.)

3 Pour mixture into tin. Bake for 20 minutes, or until cake is golden and a skewer inserted into the centre comes out clean. Remove tin from oven and set aside to cool for 5 minutes. Turn out cake onto a wire rack to cool completely. Remove baking paper and discard. Use a serrated knife to carefully cut cake into 20 even squares.

4 Place cocoa powder in a bowl; add 100ml boiling water and stir until smooth. Add icing sugar, stirring until sugar dissolves and icing is completely smooth. Set icing aside to cool.

5 Use a fork to hold 1 piece of cake over the icing bowl. Spoon icing onto cake to cover, letting any excess drip off, then sprinkle lightly with coconut. Place cake on a wire rack set over a baking tray. Repeat with remaining cake to make 20 lamingtons, then leave to rest for 2 hours, or until icing sets properly.



PER CUPCAKE

635kJ/152cal
Protein 3.5g
Total Fat 4.4g
Sat Fat 1.0g
Carbs 24.5g

Sugars 11.7g
Fibre 0.1g
Sodium 302mg
Calcium 82mg
Iron 0.3mg

Tiramisu cupcakes

Makes **12 cupcakes** Cost per cupcake **\$0.65** Hands-on time **20 min** Cooking time **20 min**
✓gluten free

2½ teaspoons instant coffee
¼ cup reduced-fat milk,
plus extra 1½ tablespoons
100g reduced-fat
table spread
1 teaspoon vanilla extract
½ cup firmly packed
brown sugar, plus extra
1 tablespoon
2 eggs
1½ cups gluten-free
self-raising flour
50g caster sugar
200g reduced-fat fresh ricotta
½ teaspoon pure
cocoa powder

1 Preheat oven to 160°C.
Line 12 x ⅓-cup muffin-pan
cups with 25cm squares of
baking paper or paper cases.
2 Add 2 teaspoons of the
instant coffee to a small

saucepan with skim milk. Set
pan over medium heat. Cook,
stirring for 1 minute, or until
coffee dissolves and leave to
cool. Mix remaining instant
coffee with ¼ cup boiling
water in a jug; leave to cool.
3 Put table spread, vanilla
extract and brown sugar in a
bowl. Beat with an electric
mixer until light and fluffy.
Add eggs to bowl, one at
a time, beating between
additions. (Note: Mixture
will separate.)
4 Transfer egg mixture to a
large bowl. Stir in half of the
flour, then stir in half of the
coffee-infused milk. Repeat
with remaining flour and milk
until batter combines. Divide
batter among muffin-pan
cups; bake for 15 minutes.

Leave unfinished, cooked
cupcakes to stand in muffin
pan for 2 minutes.

5 Make 6 small holes in the
top of each cupcake with a
skewer. Spoon cool instant
black coffee over cupcakes,
reserving 1 tablespoon, then
transfer to a wire rack to cool.

6 Put extra milk and brown
sugar in a food processor
with caster sugar and ricotta;
blend until smooth. Spoon or
pipe ricotta mixture onto tops
of cupcakes, and drizzle with
extra black coffee.

7 Dust cupcakes lightly with
cocoa powder and serve.



LOW
kJ

PER SERVE (incl yoghurt)

653kJ/156cal
Protein 2.9g
Total Fat 5.9g
Sat Fat 1.8g
Carbs 23.1g

Sugars 19.5g
Fibre 1.1g
Sodium 107mg
Calcium 43mg
Iron 0.8mg

Chocolate fig brownie

Serves **16** Cost per serve **\$0.60** Hands-on time **10 min** Cooking time **25 min**

✓gluten free

½ cup reduced-fat table spread
½ cup pure cocoa powder
1 cup caster sugar
2 eggs
⅔ cup gluten-free self-raising flour
¼ cup dark chocolate chips
½ cup chopped dried figs
2 teaspoons gluten-free icing sugar
200g reduced-fat Greek-style yoghurt, to serve (optional)

1 Preheat oven to 180°C. Lightly grease a 3cm deep, 28cm x 16cm slice pan and line with baking paper. Place table spread and cocoa in a saucepan over low heat. Cook, stirring, until spread has melted and mixture forms a paste. (Or microwave for 45 seconds or until melted, then stir to form a paste.) Transfer mixture to a large bowl.

2 Add sugar and stir to combine. Beat in eggs, then flour. Stir in chocolate chips and figs.

3 Spoon into prepared pan and smooth surface. Bake for 20-25 minutes or until raised slightly and firm to the touch.

4 Cool in pan for 5 minutes before removing. Cut into even pieces. Sprinkle with icing sugar and serve with a dollop of yoghurt (if using).

Cook's tip If you prefer a brownie with a smoother texture, purée the figs.



PER PUDDING

978kJ/234cal
Protein 2.9g
Total Fat 8.4g
Sat Fat 1.3g
Carbs 36.2g

Sugars 19.9g
Fibre 1.4g
Sodium 331mg
Calcium 28mg
Iron 0.5mg

Apricot & almond upside-down puds

Makes **10 puddings** Cost per pudding **\$0.85** Hands-on time **10 min** Cooking time **20 min**
✓gluten free

115g reduced-fat
table spread
½ cup caster sugar
2 eggs
1½ cups gluten-free
self-raising flour
2 tablespoons
reduced-fat milk
50g almond meal
10 teaspoons apricot jam
5 fresh apricots, sliced,
plus extra, to serve
2 teaspoons gluten-free
icing sugar
Mint leaves, to serve

1 Preheat oven to 180°C. Lightly grease 10 x ⅓-cup muffin-pan and line bases with baking paper.
2 Mix table spread and sugar in a bowl until light and fluffy. Beat in eggs, then lightly fold in flour with milk and almond meal. Set aside.
3 Place 1 teaspoon of jam in the base of each muffin-tray cup. Add a few apricot slices, then fill each cup evenly with batter. Level surface.
4 Bake for 20 minutes, or until slightly golden and firm to the touch. Leave

puddings to cool for 5 minutes, then turn out.
5 Dust puddings with icing sugar, garnish with extra apricot slices and mint leaves, and serve.

These bite-sized fruit and nut treats



Hello Rosie slice

Makes **20 slices** Cost per slice **\$0.50** Hands-on time **10 min** Cooking time **25 min**

✓gluten free

200g gluten-free plain sweet biscuits, roughly crushed
1 cup rice cereal flakes, roughly crushed
100g reduced-fat table spread
1 tablespoon pure cocoa powder
1/3 cup (35g) sliced almonds
1/3 cup (50g) sultanas
1/3 cup (40g) dried cranberries
1/3 x 400g can skim condensed milk
2 tablespoons shredded coconut

1 Preheat oven to 180°C. Grease a 21cm x 30cm slice tin; line with baking paper.
2 Combine biscuits and cereal in a bowl. Heat table spread and cocoa in a small saucepan over medium heat; stirring for 5 minutes, or until melted. Add melted spread to biscuit mixture; mixing thoroughly. Press mixture into tin to form biscuit base.
3 Scatter almonds, sultanas and cranberries over biscuit base. Pour condensed milk over dried fruit, and sprinkle with coconut.

4 Bake for 20–25 minutes, or until golden; leave to cool. Cut slice into squares with a sharp knife. Store in an airtight container.

are the perfect snack on the run!



LOW
kJ

PER BALL

521kJ/125cal	Sugars 14.6g
Protein 3.3g	Fibre 2.6g
Total Fat 4.9g	Sodium 8.6mg
Sat Fat 0.8g	Calcium 19mg
Carbs 16.2g	Iron 0.9mg



LOW
kJ

LOW
FAT

HIGH
FIBRE

PER BALL

364kJ/87cal	Sugars 13.0g
Protein 1.5g	Fibre 3.1g
Total Fat 2.3g	Sodium 5.9mg
Sat Fat 0.1g	Calcium 32mg
Carbs 14.1g	Iron 0.7mg

Peanut & cocoa balls

Makes **10 balls** Cost per ball **\$0.30**

Time to make **20 min** plus **2 hours** chilling

✓gluten free ✓dairy free

- 1 tablespoon no-added-salt, no-added-sugar peanut butter
- ½ cup Medjool dates, finely chopped
- 2 tablespoons pure cocoa powder
- ½ cup sultanas
- ⅓ cup pitted prunes, finely chopped
- ½ cup unsalted peanuts, finely chopped

- 1** Combine all ingredients in a bowl and mix well. (To form a finer mixture, blend ingredients in a food processor.)
- 2** Wet hands and form mixture into 10 balls, squeezing tightly so each ball holds its shape.
- 3** Place balls in fridge to chill for 2 hours, or overnight.

Fig, almond & apricot balls

Makes **10 balls** Cost per ball **\$0.35**

Time to make **20 min** plus **2 hours** chilling

✓gluten free ✓dairy free

- ⅓ cup pitted prunes, finely chopped
- ½ cup Medjool dates, finely chopped
- ⅓ cup dried figs, finely chopped
- ⅓ cup almonds, finely chopped
- ⅓ cup dried apricots, finely chopped

- 1** Combine all ingredients in a bowl and mix well. (To form a finer mixture, blend ingredients in a food processor.)
- 2** Wet hands and form mixture into 10 balls, squeezing tightly so each ball holds its shape.
- 3** Place balls in fridge to chill for 2 hours, or overnight.



LOW
KJ

PER SERVE

700kJ/167cal
Protein 1g
Total Fat 8g
Sat Fat 1g
Carbs 25g

Sugars 8g
Fibre 1g
Sodium 40mg
Calcium 0mg
Iron 10mg

Mince tarts

Makes **24** Cost per tart **\$0.45** Hands-on time **1 hour** Cooking time **30 min**

✓gluten free ✓dairy free

Mince filling

½ cup grated apple
¼ cup currants
¼ cup slivered almonds
¼ cup pitted dates,
chopped
¼ cup dried cranberries
25g dairy-free, reduced-fat
table spread
⅓ cup brown sugar
Juice of ½ orange,
plus 1 teaspoon zest

Pastry

500g gluten-free shortcrust
pastry mix
175g dairy-free, reduced-fat
table spread, softened

1 egg, whisked

Gluten-free flour, for dusting

Rice or soy milk, for brushing

1 Combine all mince-filling ingredients in a bowl. Cover and set aside for 45 minutes.

2 Preheat oven to 180°C. Lightly grease two 12-cup mini-muffin trays. Set aside. Pour contents of pastry mix into a bowl. Make a well in centre and add table spread and egg. Combine mixture with hands to form a dough.

3 Roll pastry out to 3mm thickness on a lightly floured

surface. Use a 6.5cm-round biscuit cutter to cut out 24 rounds. Cut 12 small stars from pastry off-cuts with a star-shaped biscuit cutter. Place pastry rounds into muffin moulds and crimp edges with a fork. Spoon mince filling into moulds, and top half with pastry stars.
4 Bake for 30-40 minutes, or until lightly golden. Leave tarts to cool on wire racks, then serve.



PER SERVE

456kJ/109cal
Protein 1.0g
Total Fat 3.7g
Sat Fat 0.8g
Carbs 17.7g

Sugars 6.8g
Fibre 0.2g
Sodium 27mg
Calcium 3mg
Iron 0.1mg

Lemon polenta biscuits

Makes **16** Cost per biscuit **\$0.35** Hands-on time **20 min** plus **20 min** chilling

Cooking time **12 min**

✓gluten free ✓dairy free

5 tablespoons
dairy-free reduced-fat
table spread
⅓ cup caster sugar
Zest of 1 lemon
2 egg yolks
1 cup gluten-free
self-raising flour
½ cup instant polenta
3 tablespoons icing sugar

1 Preheat oven to 200°C. Line two baking trays with baking paper. Place table spread, sugar and lemon zest into a bowl and beat until light and creamy.

2 Add egg yolks to bowl one at a time, beating between each addition.

3 Sift flour into a bowl. Stir in polenta. Add dry ingredients to wet ingredients and beat until combined.

4 Knead for 1 to 2 minutes. Form dough into a ball, wrap in plastic wrap and place in fridge to chill for 20 minutes.

5 Roll out dough between 2 sheets of baking paper. Cut 16 biscuits using a biscuit cutter about 5cm in diameter. Use a palette knife to gently lift biscuits onto a tray. Bake

for 10 to 12 minutes, until lightly golden, then leave to cool for 5 minutes before removing from tray.

6 Meanwhile, make icing by mixing icing sugar with a little water. Once completely cool, drizzle biscuits with icing.

Note These biscuits will keep in a sealed container for up to two days.



Raspberry, banana & chia smoothie

Serves **2** Cost per serve **\$2.20** Time to make **5 min**

✓gluten free ✓diabetes friendly

1 medium banana, sliced
½ cup frozen raspberries
1½ cups reduced-fat milk
⅓ cup reduced-fat
Greek-style yoghurt
2 teaspoons chia seeds
2 teaspoons honey

1 Blend all ingredients in a food processor until thick and creamy.

2 Pour smoothie into glasses and serve immediately.



PER SERVE

1345kJ/322cal
 Protein 21.4g
 Total Fat 5.4g
 Sat Fat 1.6g
 Carbs 46.4g

Sugars 40.4g
 Fibre 6.5g
 Sodium 236mg
 Calcium 640mg
 Iron 0.9mg

Make brekkie *your* way with this high-fibre DIY muesli!



Fruit & seed muesli

Serves **10** Cost per serve **\$0.95** Time to make **10 mins**

✓gluten free ✓dairy free ✓diabetes friendly

2 cups quinoa flakes
½ cup amaranth
⅓ cup ground linseed
⅓ cup sunflower seeds
1 tablespoon almond or macadamia oil
¼ cup hazelnuts, chopped
⅓ cup dried apricots
½ cup sultanas
⅓ cup dried apple

1 Place quinoa flakes and amaranth in a bowl with ground linseed.

2 Toss sunflower seeds in almond or macadamia oil and add to flakes with remaining ingredients. Store in a sealed jar.



PER SERVE (60G)

879kJ/210cal
Protein 6.5g
Total Fat 9.0g
Sat Fat 0.8g
Carbs 23.7g

Sugars 13.1g
Fibre 8.3g
Sodium 54mg
Calcium 183mg
Iron 6.1mg

recipe index



BEEF & LAMB

- Mexican beef & bean pizza with avocado salsa **8**
- Pepper steak with herb & parmesan polenta chips **17**
- Roast lamb with pumpkin & dukkah **15**

CHICKEN

- Chicken parmigiana with quinoa & chia **9**
- Chicken rolls with semi-dried tomatoes **14**
- Creamy mushroom, chicken & bacon pasta **16**

SEAFOOD

- Grilled piri-piri fish with warm rice salad **13**
- Prawn pad thai with broccolini **12**

VEGETARIAN

- Coconut chickpea curry with noodles **11**
- Green veggie, goat's cheese & herb frittata **18**
- Red lentil, pumpkin & tomato soup **10**

SWEET TREATS

- Apricot & almond upside-down puds **23**
- Chocolate fig brownie **22**
- Fig, almond & apricot balls **25**
- Fruit & seed muesli **29**
- Hello Rosie slice **24**
- Lamingtons **20**
- Lemon polenta biscuits **27**
- Mince tarts **26**
- Peanut & cocoa balls **25**
- Raspberry banana & chia smoothie **28**
- Tiramisu cupcakes **21**



Get to know our recipe badges



Recipes contain no more than:

- 1700kJ per main meal
- 1000kJ per dessert
- 600kJ per side dish
- 200kJ per 250ml fluid



Recipes contain at least:

- 20g protein per main meal
- 5g protein per side dish or dessert



Recipes contain no more than:

- 10g fat per main meal
- 4.5g fat per dessert
- 3g fat per side dish
- 3.5g fat per 250ml fluid



Recipes contain at least:

- 6g fibre per main meal
- 3g fibre per side dish or dessert



Recipes contain no more than:

- 500mg sodium per main meal or dessert
- 200mg sodium per side dish



Recipes contain at least 250mg calcium per serve



Recipes contain 4.5mg (or more) iron per serve



Serves of vegies per serve

✓gluten free ✓dairy free

Contains no ingredients that usually contain gluten or dairy, but always check the ingredients you are using.

✓vegetarian

Suitable for lacto-ovo-vegetarians. These recipes often include cheese, which may contain animal rennet. Check the label and use a vegetable substitute if you prefer.

✓diabetes friendly

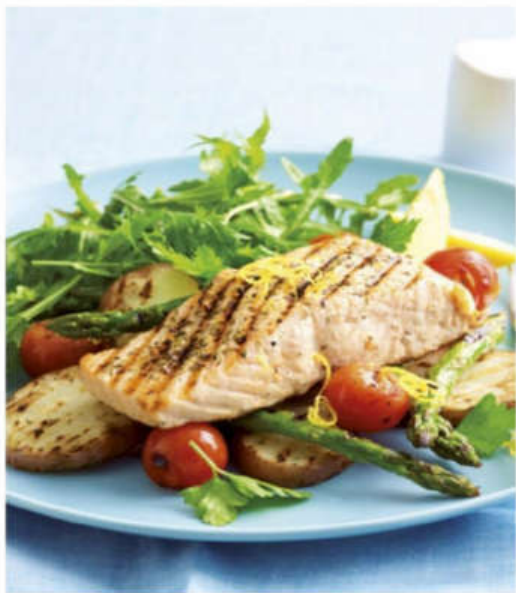
Meals contain 65g (or less) carbohydrate, 4g (or more) fibre, 7g (or less) saturated fat, 600mg (or less) sodium, at least 2 serves of vegies and are low-medium GI. Desserts are low kilojoule, high fibre and low sodium; they usually contain fruit and are low-medium GI.

No-added-salt diet

Less than 1600mg sodium per day (as per Heart Foundation recommendations to reduce heart-disease risk).

Standard measurements

1 cup = 250ml • 1 tablespoon = 20ml
1 teaspoon = 5ml • Eggs are 55g
Temperatures are for fan-forced ovens.
For baking recipes, use a table spread that's at least 60 per cent fat.



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for more delicious gluten-free recipes!

SLIM
SECRETS

The proof is in the pud!

OMG! IT'S DESSERT LIKE NO OTHER...

- ✓ Good source of protein, calcium & fibre
- ✓ GMO free
- ✓ Low in fat & sugar
- ✓ No artificial colours, flavours or sweeteners
- ✓ Less than 100 calories
- ✓ No refrigeration needed
- ✓ Spoon included



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